

# **Wakefield Children and Young People's Survey 2015**

## **District Summary Wakefield Year 5 Primary Pupils**

**Prepared by the Schools Health Education Unit, Exeter  
for Wakefield Council**

## Thanks

We are grateful to the teachers, schools and young people for their time and contributions to this survey. As a result we have excellent information to be used by schools, Wakefield Council and other relevant health, statutory and voluntary agencies. This work ensures local children and young people are listened to and their needs inform service provision, resource allocation and programme planning.

Schools taking part in the 2015 survey:

Ackton Pastures Primary school, Airedale Academy, Airedale Junior School, All Saints Featherstone CE (VA) Junior Infant and Nursery School, Alverthorpe St. Paul's CE (VA) School, Carleton Community High School, Castleford Academy, Castleford Redhill Junior School, Castleford Three Lane Ends Community Primary School, Crigglestone Dane Royd Junior and Infant School, Crofton Junior School, De Lacy Academy, Featherstone, North Featherstone Junior and Infant School, Featherstone Purston St. Thomas CE VC Junior School, Havercroft Academy, Hemsworth Arts and Community College, Hensall Primary School, Highfield School, Horbury Bridge CE Junior and Infant Academy, Horbury Primary School, Horbury St. Peter's and Clifton CE (VC) Primary School, Kettlethorpe High School, Minsthorpe Community College, A Specialist Science College, Moorthorpe Primary (J and I) School, Newton Hill Community School, Normanton Altofts Junior School, Normanton Common Primary School, Northfield Primary School, Ossett Flushdyke Junior and Infant School, Ossett Holy Trinity CE VA Primary School, Ossett South Parade Primary, Outwood Grange Academy, Outwood Primary Academy, Ledger Lane, Pontefract Carleton Park Junior and Infant School, Ryhill Junior, Infant and Nursery School, Sandal Castle VA Community Primary School, Sandal Magna Community Academy, Sharlston Community School, Simpson's Lane Academy, Sitlington Middlestown Junior and Infant School, South Elmsall Carlton Junior and Infant School, South Hiendley Junior Infant and Early Years School, St. John the Baptist Catholic Primary School, St. Joseph's Catholic Primary School, Moorthorpe, Stockingate Mill Junior School, Streethouse Primary School, St. Wilfrid's Catholic High School, & Sixth Form College, The King's School, Towngate Primary School, Wakefield City Academy, Wakefield College, Wakefield Flanshaw Junior and Infant School, Wakefield Heath View Academy, Wakefield Pinders Primary (JIN) School, Wakefield St. Johns CE VA Junior and Infant School, Wakefield the Mount Junior and Infant School and West Bretton Junior and Infant School.

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# Introduction

## Introduction

These results were collected from a sample of primary pupils aged 9 to 10 and secondary pupils aged 13 to 14 in the spring and summer terms 2015, together with a sample of sixth-form and college students.

This summary is an in depth analysis of the Year 5 primary aged responses to the questionnaire, more information can be found in reports and tables held by Helen Laird and Paul Jaques at Wakefield Council's Public Health team. For more information email: [pauljaques@wakefield.gov.uk](mailto:pauljaques@wakefield.gov.uk)

The survey was commissioned by the Wakefield Council's Health Improvement team as a way of collecting robust information about young people's health and wellbeing.

Teachers were informed on how to collect the most reliable data and then pupils completed a version of the questionnaire appropriate for their age group. Year 5 pupils completed the primary version of the questionnaire. Students in Years 9 and 12 completed the secondary/FE version of the questionnaire in their secondary schools and FE colleges.

All were undertaken anonymously and there was a mix of paper based and online questionnaires.

School Year	Year 5	Year 9	Year 12+	Total
Boys	735	899	514	2148
Girls	677	899	344	1920
(Unknown)		13	5	18
<b>Total</b>	<b>1412</b>	<b>1811</b>	<b>863</b>	<b>4086</b>

A total of 3223 pupils took part in 45 primary and 11 secondary school settings in Wakefield District.

863 students in school sixth-forms and in FE colleges completed the Year 12/FE version of the survey.

## Differences within Wakefield District

The young people in the survey were divided into the seven areas for comparison. Due to the smaller number of FE settings, only the primary and secondary datasets have been broken down into area groupings at this point. Statistically significant differences between the Areas are shown on page 13, i.e. those that are unlikely to be due to an accident of sampling, and can be thought of confidently as a real difference between groups.

## Vulnerable groups

We have also looked for differences between the main sample and groups of young people who may be vulnerable. The groups chosen of course overlap: for example, a child not living with both parents at home may also be a young carer. Similarly, 8% of all secondary pupils responded that they have a long-standing illness or disability, but the figure for young carers was higher, at 17%.

The differences given in the reports are seen on page 10, and are just a selection of all those found. The list of differences between those living with both parents at home and other pupils for example covers more than a page.

## Reference sample

Wakefield data have been compared with a compilation of survey areas that have completed similar versions of the questionnaire. Where possible, these are listed next to the Wakefield findings and are shown in italics. These areas include among others: Cambridgeshire, Croydon, Dudley, Essex, Greenwich, Hertfordshire, Lambeth, North Yorkshire, Plymouth, Somerset and Wolverhampton. Care must be taken when interpreting differences due to the slight different year groups surveyed in Wakefield compared with the SHEU sample.

For more details please contact the Schools Health Education Unit ([www.sheu.org.uk](http://www.sheu.org.uk)).

# Wakefield Primary Results

## ▪ **Headline data for 2015**

Comparisons have been made with the wider SHEU data from *Young People into 2015*. Care must be taken interpreting any differences however as the Wakefield sample is for Year 5 and the SHEU sample is for Year 6 [shown in brackets].

### **Background**

- ❑ 84% [77%] of pupils described themselves as White British.
- ❑ 62% [67%] of pupils responded that they live with their mum and dad together. 15% [16%] of pupils responded that they live 'mainly or only' with their mum, while 2% [1%] said they live 'mainly or only' with their dad.
- ❑ 15% of pupils responded that they care for someone within their home who has a serious illness or disability (including mental health or an alcohol/drug problem). 16% said that they 'don't know' if they do.
- ❑ 9% of pupils responded that they have a special need, long term illness or disability which limits their daily activities or what they can do.

### **Healthy Eating**

#### **BREAKFAST**

- ❑ 5% [3%] of pupils responded that they didn't have anything to eat or drink before lessons on the day of the survey. 7% [7%] of pupils responded that they had 'just a drink' before lessons on the day of the survey.
- ❑ 48% of boys and 54% of girls responded that they had (at least) one of the healthy items listed before lessons on the day of the survey.
- ❑ 40% of boys and 32% of girls responded that they had (at least) one of the unhealthy items listed before lessons on the day of the survey.

#### **LUNCH**

- ❑ 52% [37%] of pupils responded that they had school food for lunch on the day before the survey, while 43% [51%] said they ate a packed lunch. 1% [1%] of pupils responded that they didn't have any lunch on the day before the survey.
- ❑ 5% of pupils responded that they think 'none or just a few' pupils in their year at school have a healthy diet.
- ❑ 48% of pupils responded that they think at least 'most of' the pupils in their year at school have a healthy diet.
- ❑ 10% of pupils responded that they think 'all or nearly all' pupils in their year at school have a healthy diet.

#### **FOODS**

- ❑ 56% of pupils responded that they eat fruit and veg 'on most days', while 24% [24%] said the same of crisps.
- ❑ 43% of pupils responded that they 'rarely or never' have a takeaway meal, while 13% said the same of sweets/chocolate.

#### **HEALTHY DIET**

- ❑ 77% of pupils responded that their diet is 'quite' or 'very' healthy. 2% of pupils responded that their diet is 'very' unhealthy.
- ❑ 62% of pupils responded that they would like to eat more healthily, while 20% said they 'don't know' if they would.

#### **WEIGHT PERCEPTION**

- ❑ 6% of pupils responded that they would like to put on weight. 31% of pupils responded that they would like to lose weight. 63% of pupils responded that they are happy with their weight as it is.

#### **DENTAL HEALTH**

- ❑ 2% [1% *times cleaned yesterday*] of pupils responded that they don't normally brush their teeth at all. 17% [15%] of pupils responded that they normally brush their teeth once a day. 81% [84%] of pupils responded that they normally brush their teeth at least twice a day (the recommended frequency).
- ❑ 73% of pupils responded that they have been to the dentist in the last 6 months; 87% said they have been in the last year. 10% of pupils responded that they haven't been to the dentist for over a year and 3% said they have never been.

### **Physical Activity**

- ❑ 63% of pupils responded that they think at least 'most of' the pupils in their year at school do physical activity for more than 1 hour a day.
- ❑ 75% of pupils responded that they do at least '1 – 2 hours' of physical activity a day that makes them breathe faster and feel warmer.
- ❑ 62% of pupils responded that they would like to be more physically active. 21% 'don't know' if they would.

- ❑ 51% [48%] of pupils responded that they walked to school on the day of the survey. 4% of pupils responded that they cycled to school on the day of the survey. 44% [43%] of pupils responded that they travelled to school by car/van on the day of the survey.

## Alcohol & Smoking

- ❑ 35% of pupils responded that they have drunk alcohol at least 'once or twice'.
- ❑ 1% of pupils responded that they drink alcohol 'regularly'.
- ❑ 4% [3%] of pupils responded that they have smoked in the past or smoke now.
- ❑ 5% of pupils responded that they have smoked an e-cigarette in the past or smoke now.
- ❑ 41% of pupils responded that at least one adult that lives in their house smokes. 13% of pupils responded that someone smokes indoors at home in rooms that they use.

## Staying Safe

- ❑ 86% of pupils responded that they 'always' wear a seatbelt when travelling in a car.
- ❑ 69% of pupils responded that when travelling in a car the person driving 'never' holds their mobile phone in their hand.
- ❑ 15% of pupils responded that the speed of traffic outside school 'usually' or 'always' makes them feel unsafe.
- ❑ 30% of pupils responded that they 'always' wear a safety helmet when cycling.

## BULLYING

- ❑ 38% [29%] of pupils responded that they feel afraid of going to school because of bullying at least 'sometimes'.
- ❑ 11% of pupils responded that they 'often' or 'very often' feel afraid of going to school because of bullying.
- ❑ 45% [25%] of pupils responded that they have been bullied at least 'once or more' at school in the last year.
- ❑ 24% [23%] of pupils feel that they are being 'picked on' or bullied because of the way they look; 20% [17%] feel they are because of their size or weight.
- ❑ 72% [78%] of pupils responded that they think their school takes bullying seriously, while 14% [8%] think their school does not take it seriously.
- ❑ 24% of pupils responded that they have seen images/pictures that made them uncomfortable whilst on the Internet.
- ❑ 27% of pupils responded that they received messages from people they don't know whilst on the Internet.
- ❑ 17% of pupils responded that they have experienced people lying about who they are whilst on the Internet.

## Well-being

- ❑ 79% of pupils responded that they feel 'quite' or 'very' happy with their life at the moment.

## SHORT WARWICK-EDINBURGH MENTAL WELLBEING SCALE (SWEMWBS)

- ❑ 6% of pupils had a low score (7 – 13) on the SWEMWB Scale, while 21% had a med-low score (14 – 20). 33% of pupils had a high or maximum score (28 – 35) on the SWEMWB Scale. The higher the score the higher the indication of positive wellbeing. The lower the score, the poorer the level of wellbeing.

## WORRIES

- ❑ 47% of pupils responded that they worry about at least one of the issues 'quite a lot' or 'a lot'.
- ❑ 24% of pupils responded that they worry 'quite a lot' or 'a lot' about school-work/exams, while 12% [14%] worry about the way they look.

## PROBLEM SOLVING

- ❑ 71% of pupils responded that if they had a problem with school they would talk to someone they trust about it, while 61% said the same of a health problem.
- ❑ 40% of pupils responded that if they had a family problem they would keep it to themselves, while 16% said the same of a bullying problem.

## Enjoying & Achieving

### EVERY CHILD MATTERS

- ❑ 73% of pupils agreed that they know their targets and they are helped to meet them, while 57% agreed that their views and opinions are listened to in school.

## Key findings

### Healthy Eating

- ❑ 48% of boys and 54% of girls responded that they had (at least) one of the healthy items listed before lessons on the day of the survey. From an analysis of those pupils who had a healthy breakfast, they were more likely to eat fruit and veg 'on most days', have been to the dentist in the past 6 months, and say that they feel 'quite' or 'very happy' with their life at the moment when compared with those pupils who had no breakfast, or just a drink for breakfast that day.
- ❑ 62% of pupils responded that they would like to eat more healthily, these pupils were also more likely to say that they would like to be more physically active, they would like to lose weight, and their school needs to offer more healthy options when compared with pupils who didn't say they wanted to eat more healthily.
- ❑ 24% of pupils said that they eat crisps 'on most days'. These pupils were more likely to also say that they have sweets/chocolate, fizzy drinks and chips 'on most days compared with pupils who rarely or never eat crisps. These pupils were more likely to have take-away meals and to say that they have an adult at home who smokes compared with pupils who rarely or never eat crisps.
- ❑ 23% of pupils said that have fizzy drinks 'on most days'. These pupils were more likely to also say that they have sweets/chocolate and chips 'on most days compared with pupils who rarely or never have fizzy drinks. These pupils were more likely to say that they have at least tried alcohol compared with pupils who rarely or never have fizzy drinks.
- ❑ 31% of girls said that they would like to lose weight. These girls were also more likely to say they have been picked on because of their size or weight, and that they worry about their looks compared with girls who were happy with their weight. These girls were less likely to say that they were fit or that the amount of physical activity they do is enough to keep them healthy compared with girls who were happy with their weight.
- ❑ Boys who said they wanted to lose weight were more likely to say they want to eat more healthily and want to be more physically active. They were also more likely to say they were bullied because of their size or weight but less likely to say they are fit/very fit or feel happy with their life when compared with boys who were happy with their weight.
- ❑ 81% of pupils said that they clean their teeth at least twice a day. These pupils were also more likely to say that their diet is 'quite' or 'very healthy', that they always wear a seatbelt when travelling in a car and that they never use a mobile phone or listen to music when walking near to a road compared with pupils who clean their teeth less than twice a day.

### Physical Activity

- ❑ 75% of pupils responded that they do at least an hour of physical activity each day that is enough to breathe faster and feel warmer. These pupils were also more likely to say they have fruit and vegetables 'on most days', are happy with their weight and say that they have been to the dentist in the last year compared with pupils saying they do less than an hour each day.
- ❑ 60% of girls said that they would like to be more physically active. These girls were also more likely to say that they would like to eat more healthily, more likely to say they wanted to lose weight, and also more likely to say that new activities being available would make them want to do more activities, compared with girls who didn't want to be more physically active.
- ❑ 64% of boys said that they would like to be more physically active. These boys were also more likely to say that they would like to eat more healthily, more likely to say they wanted to lose weight, and also more likely to say that they enjoy physical activities compared with boys who didn't want to be more physically active.

### Alcohol & Smoking

- ❑ 41% of pupils said that at least one adult at home smokes. These pupils were also less likely to say that if they had a health problem they have a trusted adult they can talk to about it. They are also less likely to say they feel happy with life at the moment or that they do enough physical activity to keep them healthy, when compared with pupils who said that no adult at home smoked.
- ❑ 5% of pupils responded that they have smoked an e-cigarette. These pupils were also more likely to say that they have drunk alcohol, have at least one adult at home who smokes and have seen images/pictures online that made them feel uncomfortable when compared with pupils who have never smoked an e-cigarette.

## Safety

- ❑ 30% of pupils said that they always wear a cycle helmet when cycling; 33% said they never wear one. Pupils who always wear one were also more likely to say that they always wear a seatbelt when travelling in a car, eat fruit and vegetables 'on most days' and say that their diet is 'quite' or 'very' healthy when compared with pupils who never wear a cycle helmet when cycling.

## Wellbeing

- ❑ 79% of pupils said that they were 'quite' or 'very happy' with life at the moment. These pupils were more likely to say they feel safe in the area they live, their views and opinions are listened to in school and that if they had a problem with school they would talk to someone they trust about it.
- ❑ Pupils who scored poorly on the wellbeing scale were less likely to say that they would talk to someone if they had a problem with school or their health. They were less likely to say that their diet is healthy or that they are fit/very fit when compared with pupils who scored highly on the wellbeing scale.
- ❑ 11% of pupils said that they are 'often' or 'very often' afraid of going to school because of bullying; 62% said they were 'never afraid'. Pupils who were often afraid of bullying were also more likely to say that they are bullied at least once a week at school and had been bullied outside school in the last year. They were more likely to say that they care for someone at home who has a serious illness or disability, when compared with pupils who were never afraid of going to school because of bullying.
- ❑ 17% of pupils said that they have experienced people lying about who they are on the Internet. These pupils were also more likely to say that they have received messages from people they don't know and have seen images that made them feel uncomfortable. These pupils were also more likely to say that they had been bullied outside school in the last 12 months compared with pupils who haven't experienced people lying to them when they are on the Internet.

## Age differences

- ❑ As would be expected, primary aged pupils were less likely to have smoked or drink alcohol than older pupils. 5% of primary pupils have tried e-cigarettes compared with 30% of Year 9 and 43% of Year 12+ students. 1% of primary pupils said that they drink alcohol regularly compared with 3% of Year 9 and 22% of Year 12+ students.
- ❑ Primary pupils were more likely to say that their age group has a healthy diet than older pupils. 48% of Year 5 pupils compared with 25% of Year 9 and only 19% of Year 12+ students who thought their age group had a healthy diet.
- ❑ Primary pupils were more likely to say they are afraid of going to school because of bullying compared with older pupils but they were also more likely to say that they are 'quite/very' happy with their life at the moment.
- ❑ 33% of primary pupils scored high/maximum on the Warwick-Edinburgh wellbeing score (questions included 'I have been feeling good about the future'). This falls to 28% achieving the high scores in Year 9 and again to 26% of Year 12+ students.

## Gender differences

- ❑ There are some interesting differences between the responses of the girls compared with boys' responses to the questions in the questionnaire. Ones that might be expected include: more boys than girls play football and more say they do 3-4 hours of activity per day. More boys than girls said that they had been pushed or hit in the last month and more boys than girls said that they would like to cycle to school.
- ❑ More girls than boys thought that their opinions were listened to in school, more girls than boys said that they eat fresh fruit and vegetable 'on most days' and more girls than boys said that they feel afraid of going to school because of bullying at least 'sometimes'.
- ❑ Primary aged boys seem to be more likely to take risks than girls. They are less likely to wear cycle helmets and more likely to say they have tried alcohol compared with girls at this age.

## Vulnerable groups

- ❑ Looking in more detail at the potential vulnerable groups in this age group, children in care and those who have to look after someone at home because they have a serious illness or disability, were more likely to worry about money and have tried smoking compared with the wider group of Year 5 pupils.
- ❑ Compared with the SHEU wider dataset (Year 6 pupils), Wakefield pupils were more similar than different. Wakefield pupils were more likely to report having a school lunch however, 52% vs. 37%. Wakefield pupils were more likely to report bullying than the wider data set but this is probably more to do with the age difference – Wakefield pupils being a year younger and therefore not the oldest in the school.



## Cross Phase Differences

	Year 5	Year 9	Year 12
<b>Diet:</b>	%	%	%
% having no breakfast or just a drink	13	33	45
% having school lunch	52	44	9
% having no lunch	1	13	16
% perception of pupils your age having a healthy diet	48	25	19
% who eat fruit/veg on most days	56	49	35
% fizzy drinks most days	23	33	37
% girls want to lose weight	31	63	67
% who brush their teeth twice a day	81	88	83
% visited the dentist in the last year	88	93	87
<b>Physical Activity:</b>			
% doing less than 1 hour physical activity per day	25	26	37
% girls doing less than 1 hour physical activity per day	29	31	49
% who want to be more active	62	65	67
% girls who want to be more active	60	71	79
<b>Alcohol/Smoking:</b>			
% who smoke occasionally/regularly	0	4	22
% who smoke e-cigarettes occasionally/regularly	0	6	9
% who at least tried e-cigarettes	5	30	43
% who drink alcohol occasionally/regularly	3	20	67
% who drink alcohol regularly	1	3	22
<b>Travel:</b>			
% who walk/cycle to school	55	40	25
% who always wear a seatbelt	86	77	76
% who always wear a cycle helmet	30	10	9
% who always use phone or music walking near road	4	17	30
% who feel unsafe because of traffic	16	9	8
<b>Bullying:</b>			
% who often/very often feel afraid of going to school because of bullying	11	8	6
% who never feel afraid of going to school because of bullying	62	72	84
% who think school takes bullying seriously	72	48	50
<b>Wellbeing:</b>			
% who are quite/very happy with their life	79	69	65
% who are a little/very unhappy with their life	13	19	20
% recording High/max score in the Warwick-Edinburgh wellbeing score	33	28	25

## Inequalities in Wakefield

This table brings together some of the separate instances of differences shown among vulnerable groups from the different sections of this report.

### Behaviours in groups of Year 5 pupils with different circumstances, compared with the whole Year 5 Wakefield sample:

Percentages in each social identity group reporting different behaviours - primary	All Yr 5	Ethnic minority	Young Carer	Children in care	Single-parent family	Special needs	Least deprived	Most deprived
No breakfast/just a drink	12%	13%	19%	14%	15%	13%	7%	14%
Eat chips/roast pots on most days	14%	12%	17%	17%	15%	18%	10%	20%
Eat fruit/veg on most days	56%	52%	47%	45%	56%	57%	70%	54%
Normally brush teeth at least twice a day	81%	78%	76%	76%	80%	78%	88%	79%
Do less than an hour or no physical activity a day	25%	30%	29%	28%	30%	26%	19%	31%
1+ hours exercise/day	75%	70%	71%	72%	70%	74%	81%	69%
Would like to be more physically active	62%	71%	72%	68%	61%	67%	58%	66%
Drink alcohol 'regularly'	1%	1%	1%	0%	1%	1%	0%	2%
Ever tried smoking	4%	7%	9%	14%	6%	5%	3%	6%
Smoke e-cigarettes 'occasionally'/'regularly'	1%	2%	3%	0%	2%	2%	1%	1%
Active travel to school	54%	55%	61%	62%	58%	51%	45%	65%
Always wear a seatbelt when in a car	86%	78%	80%	71%	85%	82%	93%	84%
'Usually'/'always' feel unsafe due to the speed of traffic outside school	15%	17%	17%	29%	17%	18%	12%	22%
Always wear a safety helmet when cycling	30%	28%	26%	25%	21%	33%	43%	25%
'Often'/'very often' feel afraid of going to school because of bullying	11%	13%	24%	18%	9%	13%	11%	14%
Bullied at school last year	45%	43%	53%	39%	38%	53%	45%	46%
Think their school takes bullying seriously	72%	66%	67%	71%	76%	61%	74%	73%
'Quite'/'very' happy with life	79%	79%	71%	58%	73%	74%	81%	76%
High/max SWEMWBS score	33%	30%	32%	20%	31%	34%	34%	36%
Worry about school-work/exams	24%	32%	30%	24%	25%	27%	24%	17%
Worry about money problems	11%	13%	16%	28%	11%	13%	9%	11%
Keep a problem to themselves	65%	72%	64%	66%	59%	69%	65%	68%
Agreed with "My work is marked so I can see how to improve it"	86%	84%	82%	86%	87%	83%	90%	86%
Agreed with "I know my targets and I am helped to meet them"	73%	69%	67%	79%	73%	73%	79%	75%
Agreed with "My views are asked for in school"	51%	49%	49%	66%	54%	58%	53%	55%
<b>Sample size:</b>	1412	166	210	29	232	127	193	228
						Significance testing	42%	p<0.05
						KEY	42%	p<0.01

Shaded figures are statistically significantly different from the overall Year 5 Wakefield figure in the same row.

The key shows the level of statistical significance, with the darker shading showing a higher level.

This assessment depends on the size of the difference and the size of the sample in that column.

Results for each District, compared with the whole Year 5 Wakefield sample:

Percentages in each Wakefield District reporting different behaviours - primary	All Yr 5	Castleford	Norman. & Feather.	Pontef. & Knotting.	South East	Wakefield Central	Wakefield NW	Wakefield Rural
No breakfast/just a drink	12%	14%	12%	18%	12%	13%	8%	14%
Eat chips/roast pots on most days	14%	15%	11%	12%	15%	16%	12%	15%
Eat fruit/veg on most days	56%	46%	59%	63%	48%	46%	64%	63%
Normally brush teeth at least twice a day	81%	78%	79%	85%	77%	79%	84%	85%
Do less than an hour or no physical activity a day	25%	31%	26%	25%	21%	32%	20%	25%
1+ hours exercise/day	75%	70%	74%	75%	79%	68%	80%	75%
Would like to be more physically active	62%	71%	59%	54%	69%	64%	61%	58%
Drink alcohol 'regularly'	1%	2%	1%	0%	1%	0%	1%	1%
Ever tried smoking	4%	2%	9%	0%	5%	4%	3%	4%
Smoke e-cigarettes 'occasionally'/'regularly'	1%	1%	2%	0%	1%	1%	1%	1%
Active travel to school	54%	58%	51%	72%	42%	59%	55%	54%
Always wear a seatbelt when in a car	86%	82%	91%	91%	77%	76%	92%	89%
'Usually'/'always' feel unsafe due to the speed of traffic outside school	15%	13%	13%	27%	23%	17%	10%	16%
Always wear a safety helmet when cycling	30%	24%	30%	22%	18%	32%	41%	30%
'Often'/'very often' feel afraid of going to school because of bullying	11%	8%	10%	17%	11%	14%	10%	12%
Bullied at school last year	45%	41%	42%	53%	45%	43%	47%	48%
Think their school takes bullying seriously	72%	70%	74%	73%	75%	74%	73%	67%
'Quite'/'very' happy with life	79%	80%	81%	82%	74%	77%	80%	79%
High/max SWEMWBS score	33%	39%	35%	35%	39%	23%	35%	28%
Worry about school-work/exams	24%	22%	25%	16%	27%	25%	26%	23%
Worry about money problems	11%	8%	8%	4%	13%	11%	13%	12%
Keep a problem to themselves	65%	64%	67%	69%	71%	70%	61%	60%
Agreed with "My work is marked so I can see how to improve it"	86%	87%	86%	96%	93%	80%	86%	81%
Agreed with "I know my targets and I am helped to meet them"	73%	76%	73%	82%	74%	68%	73%	69%
Agreed with "My views are asked for in school"	51%	51%	51%	49%	51%	55%	47%	53%
Sample size:	1412	205	257	67	164	183	278	258
					Significance testing	42%	p<0.05	
					KEY	42%	p<0.01	

## Area differences

All Area differences listed below are statistically significant. See also page 13 onwards.

### Castleford

- 66% of pupils responded that they experienced at least one of the negative behaviours listed at least '1 or 2 times' in the month before the survey; in **Castleford** this was lower at 55%.
- 24% of pupils responded that they have seen images/pictures that made them uncomfortable whilst on the Internet, in **Castleford** this was lower at 14%.
- 48% of pupils responded that they were pushed/hit at least '1 or 2 times' in the month before the survey; in **Castleford** this was lower at 38%.
- 56% of pupils responded that they eat fruit and veg 'on most days'; in **Castleford** this was lower at 46%.

### Normanton & Featherstone

- 43% of pupils responded that they play football (not in school time); in **Normanton and Featherstone** this was lower at 33%.
- 84% of pupils described themselves as White British; in **Normanton and Featherstone** this was higher at 92%.
- 46% of pupils responded that they go to playgrounds around Wakefield District at least 'once a week'; in **Normanton and Featherstone** this was lower at 36%.
- 32% of pupils responded that they would like to spend less time queuing at school dinner time; in **Normanton and Featherstone** this was higher at 41%.

### Pontefract and Knottingley

- 51% of pupils responded that they walked to school on the day of the survey. In Pontefract and Knottingley this was higher at 72%.
- 63% of pupils responded that they think at least 'most of' the pupils in their year at school do physical activity for more than 1 hour a day. In **Pontefract and Knottingley** this was lower at 46%.
- 35% of pupils responded that they would like to walk to school. In **Pontefract and Knottingley** this was higher at 51%.

### South East Wakefield

- 28% of pupils responded that lower prices for activities would make them want to do more activities. In **South East Wakefield** this was higher at 45%.
- 56% of pupils responded that they 'never' or only 'sometimes' wear a safety helmet when cycling. In **South East Wakefield** this was higher at 73%.
- 41% of pupils responded that they have been feeling good about the future 'often' or 'all of the time'. In **South East Wakefield** this was higher at 58%.
- 24% of pupils responded that they have seen images/pictures that made them uncomfortable whilst on the Internet. In **South East Wakefield** this was higher at 38%.
- 33% of pupils responded that they run on their own (not in school time). In **South East Wakefield** this was higher at 46%.
- 91% of pupils responded that they think 'none or just a few' pupils in their year at school drink alcohol regularly. In **South East Wakefield** this was higher at 98%.
- 51% of pupils responded that they walked to school on the day of the survey. In **South East Wakefield** this was lower at 38%.
- 27% of pupils responded that they received messages from people they don't know whilst on the Internet. In **South East Wakefield** this was higher at 38%.
- 86% of pupils responded that they 'always' wear a seatbelt when travelling in a car. In **South East Wakefield** this was lower at 77%.
- 8% of pupils responded that they 'never' or only 'sometimes' wear a seatbelt when travelling in a car. In **South East Wakefield** this was higher at 15%.
- 48% of pupils responded that they think at least 'most of' the pupils in their year at school have a healthy diet. In **South East Wakefield** this was lower at 37%.

- 26% of pupils responded that they have been bullied at least 'once or more' outside school in the last year. In **South East Wakefield** this was higher at 36%.

### Wakefield Central

- 84% of pupils described themselves as White British. In **Wakefield Central** this was lower at 60%.
- 8% of pupils responded that they 'never' or only 'sometimes' wear a seatbelt when travelling in a car. In **Wakefield Central** this was higher at 17%.
- 41% of pupils responded that at least one adult that lives in their house smokes. In **Wakefield Central** this was higher at 55%.
- 35% of pupils responded that they have drunk alcohol at least 'once or twice'. In **Wakefield Central** this was lower at 22%.
- 86% of pupils responded that they 'always' wear a seatbelt when travelling in a car. In **Wakefield Central** this was lower at 76%.
- 46% of pupils responded that they go to playgrounds around Wakefield District at least 'once a week'. In **Wakefield Central** this was higher at 59%.
- 17% of pupils responded that they have experienced people lying about who they are whilst on the Internet. In **Wakefield Central** this was higher at 27%.
- 15% of pupils responded that they care for someone within their home who has a serious illness or disability (including mental health or an alcohol/drug problem). In **Wakefield Central** this was higher at 24%.
- 32% of pupils responded that they would like to spend less time queuing at school dinner time. In **Wakefield Central** this was lower at 21%.
- 40% of pupils responded that they have been feeling useful 'often' or 'all of the time'. In **Wakefield Central** this was lower at 29%.

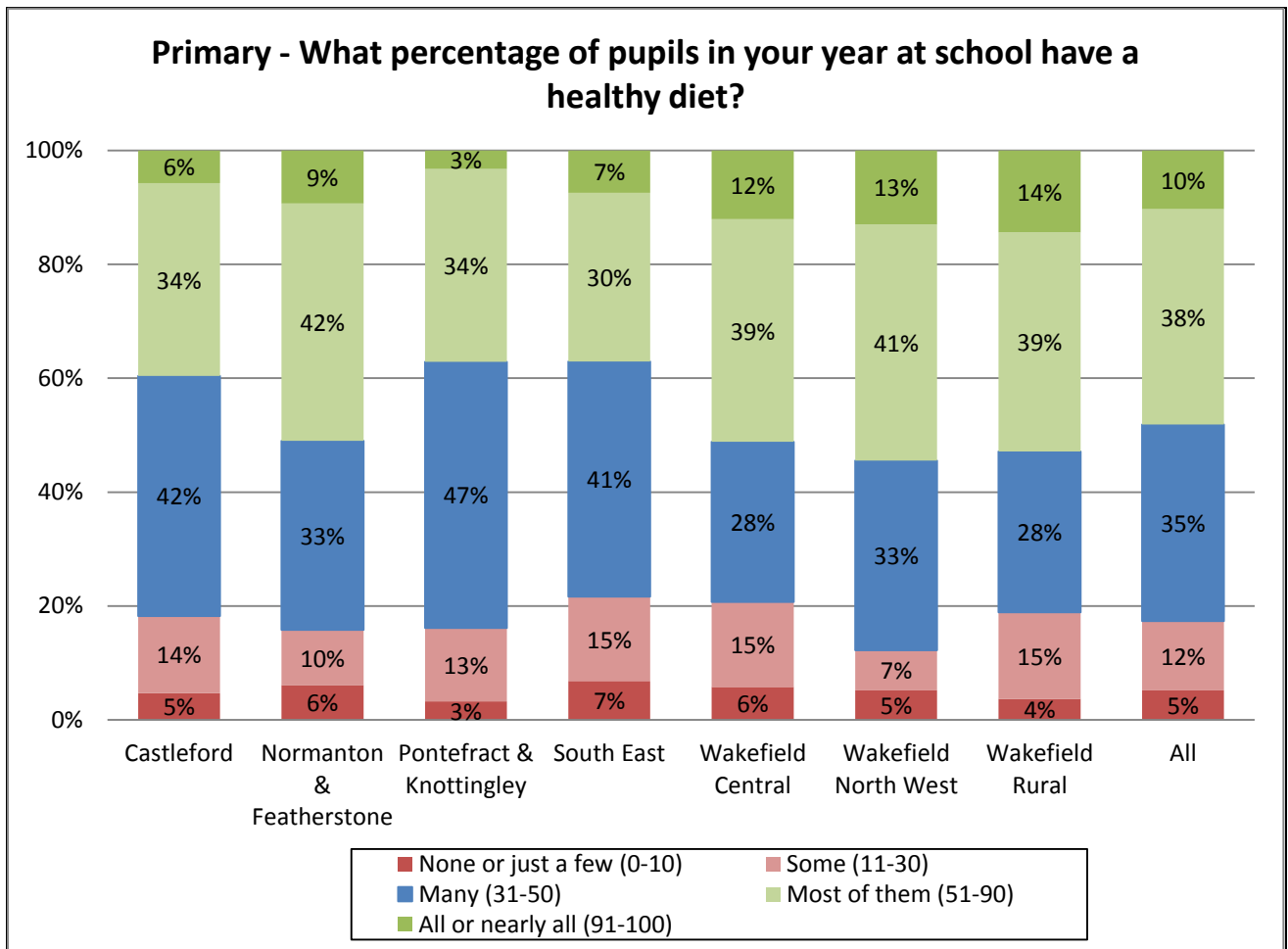
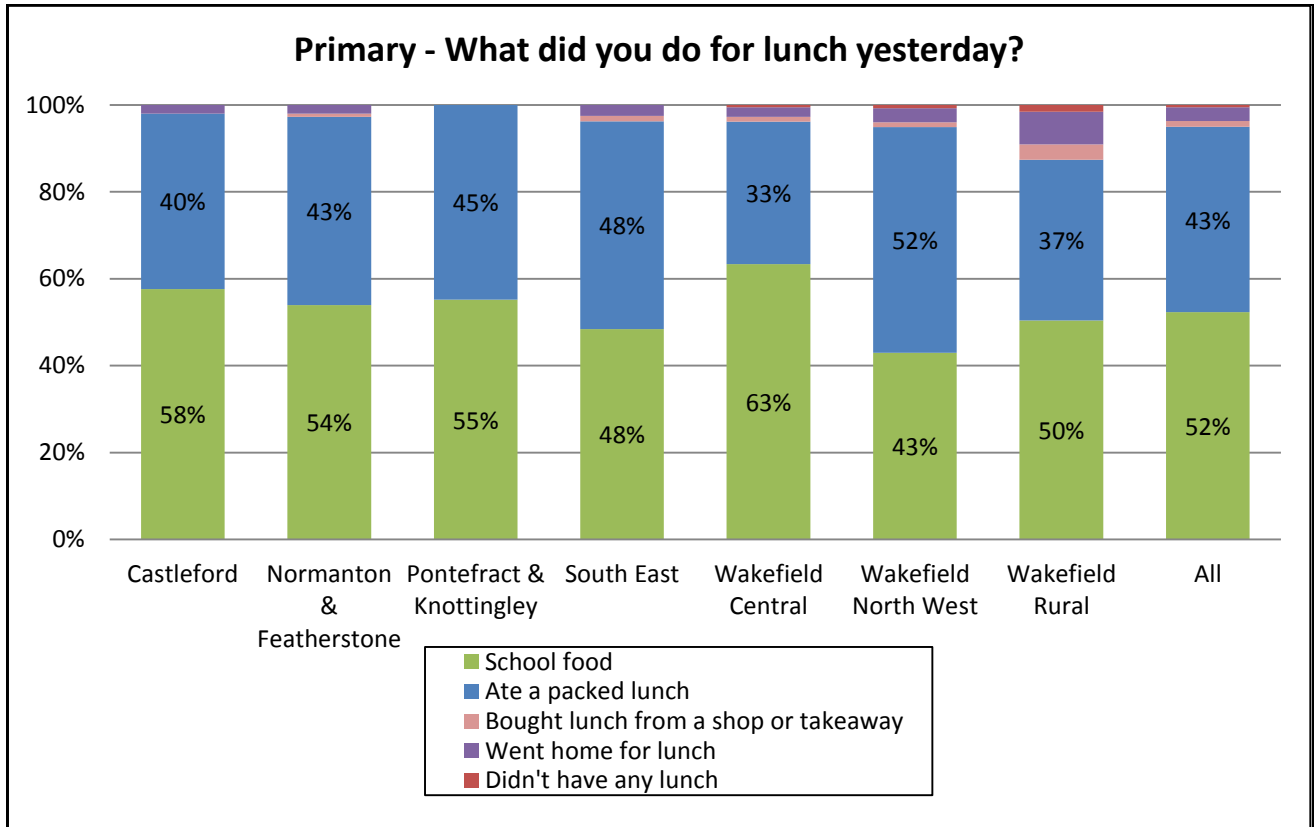
### Wakefield North West

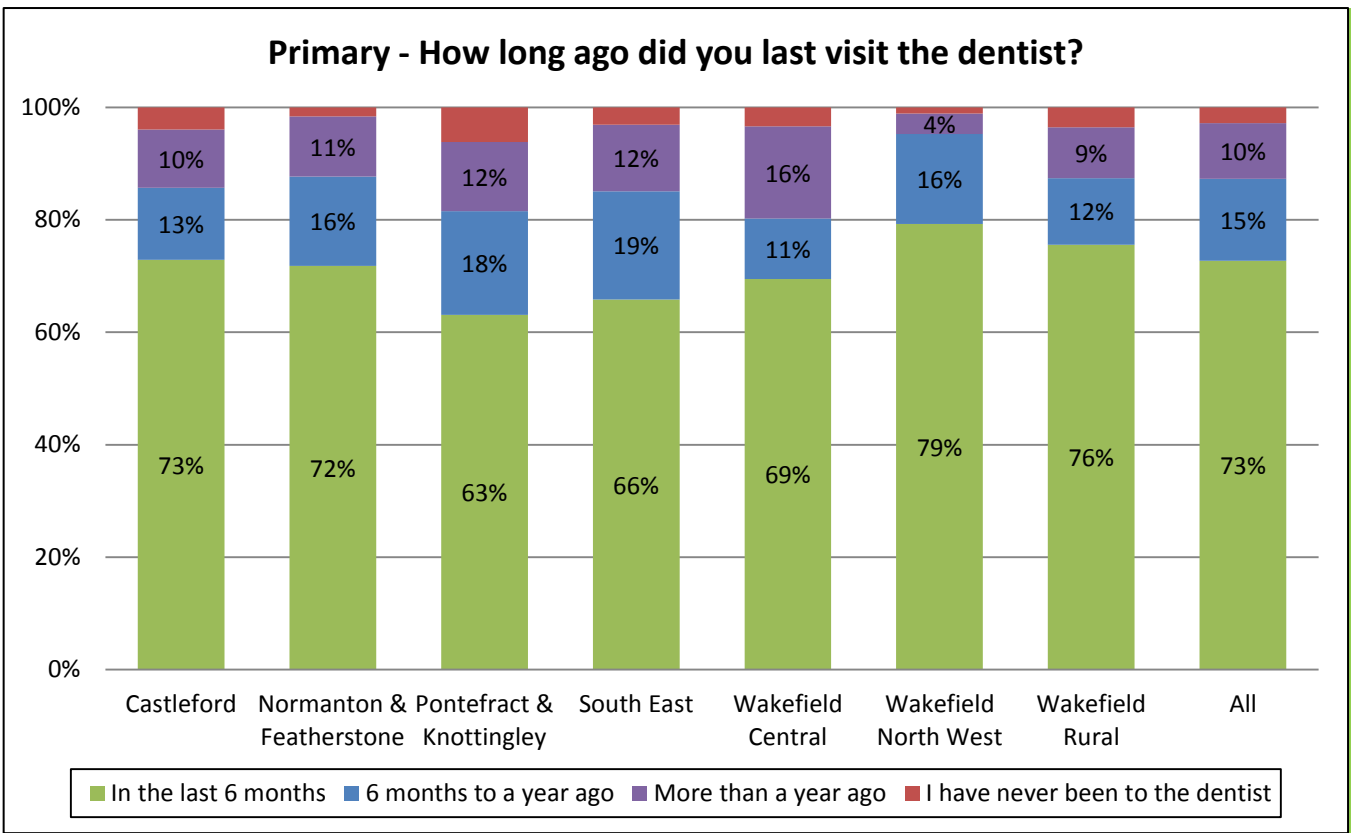
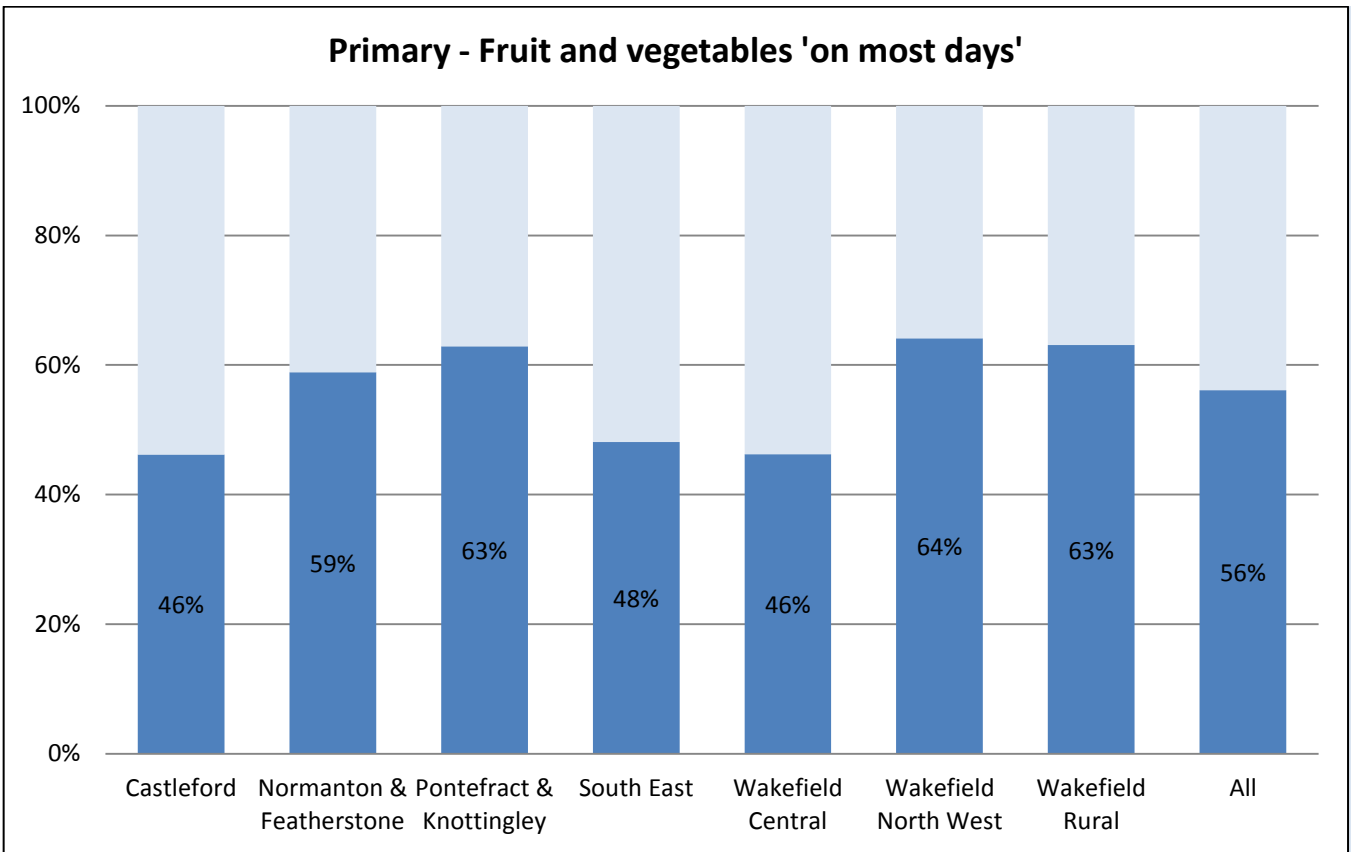
- 56% of pupils responded that they 'never' or only 'sometimes' wear a safety helmet when cycling. In **Wakefield North West** this was lower at 42%.
- 87% of pupils responded that they have been to the dentist in the last year. In **Wakefield North West** this was higher at 95%.
- 30% of pupils responded that they 'always' wear a safety helmet when cycling. In **Wakefield North West** this was higher at 41%.
- 10% of pupils responded that they haven't been to the dentist for over a year. In **Wakefield North West** this was lower at 4%.
- 41% of pupils responded that at least one adult that lives in their house smokes. In **Wakefield North West** this was lower at 32%.
- 43% of pupils responded that they had a packed lunch on the day before the survey. In **Wakefield North West** this was higher at 52%.
- 52% of pupils responded that they had school food for lunch on the day before the survey. In **Wakefield North West** this was lower at 43%.
- 86% of pupils responded that they 'always' wear a seatbelt when travelling in a car. In **Wakefield North West** this was higher at 92%.
- 35% of pupils responded that they have drunk alcohol at least 'once or twice'. In **Wakefield North West** this was higher at 43%.

### Wakefield Rural

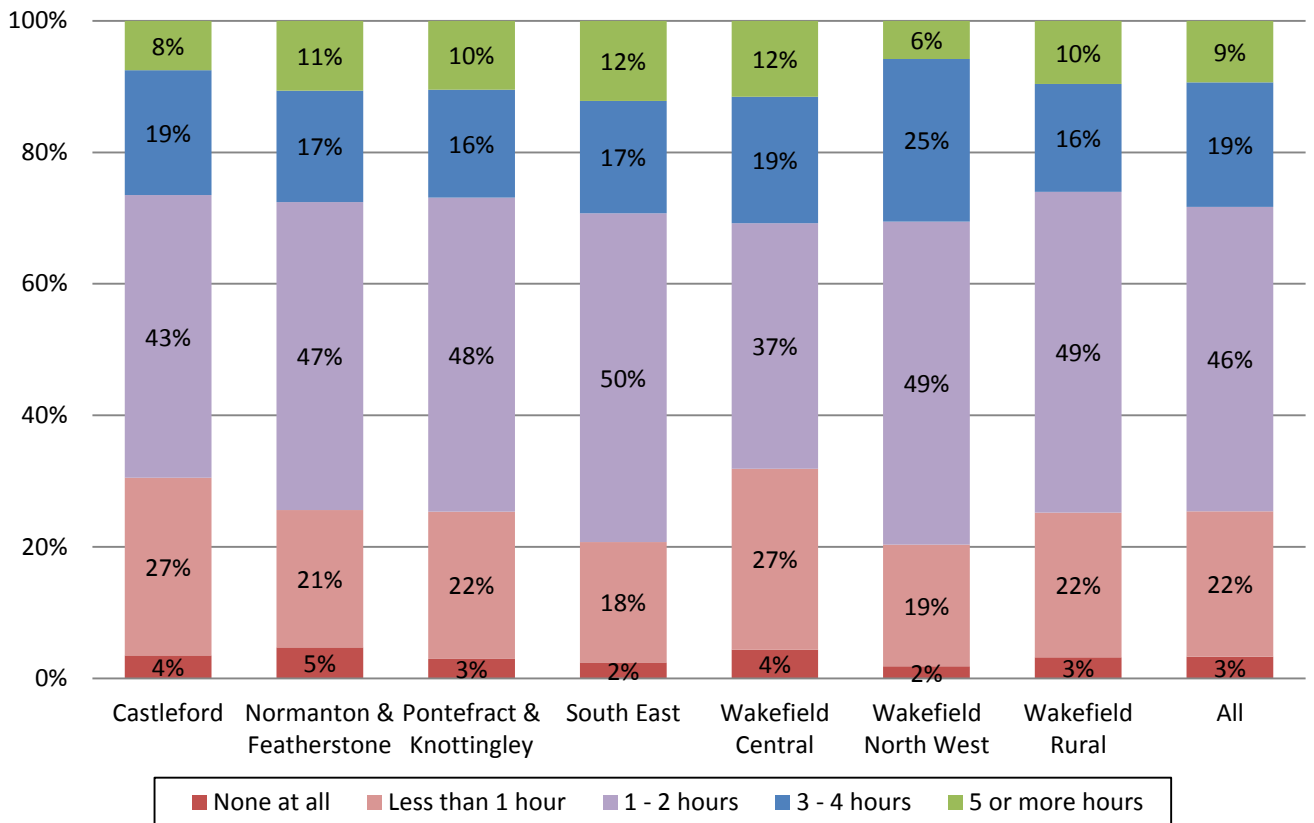
- 28% of pupils responded that lower prices for activities would make them want to do more activities. In **Rural Wakefield** this was lower at 19%.
- 41% of pupils responded that they have been feeling good about the future 'often' or 'all of the time'. In **Rural Wakefield** this was lower at 31%.
- 14% of pupils responded that they think their school does not take bullying seriously. In **Rural Wakefield** this was higher at 21%.
- 24% of pupils responded that they eat crisps 'on most days'. In **Rural Wakefield** this was lower at 17%.

## Analysis by area

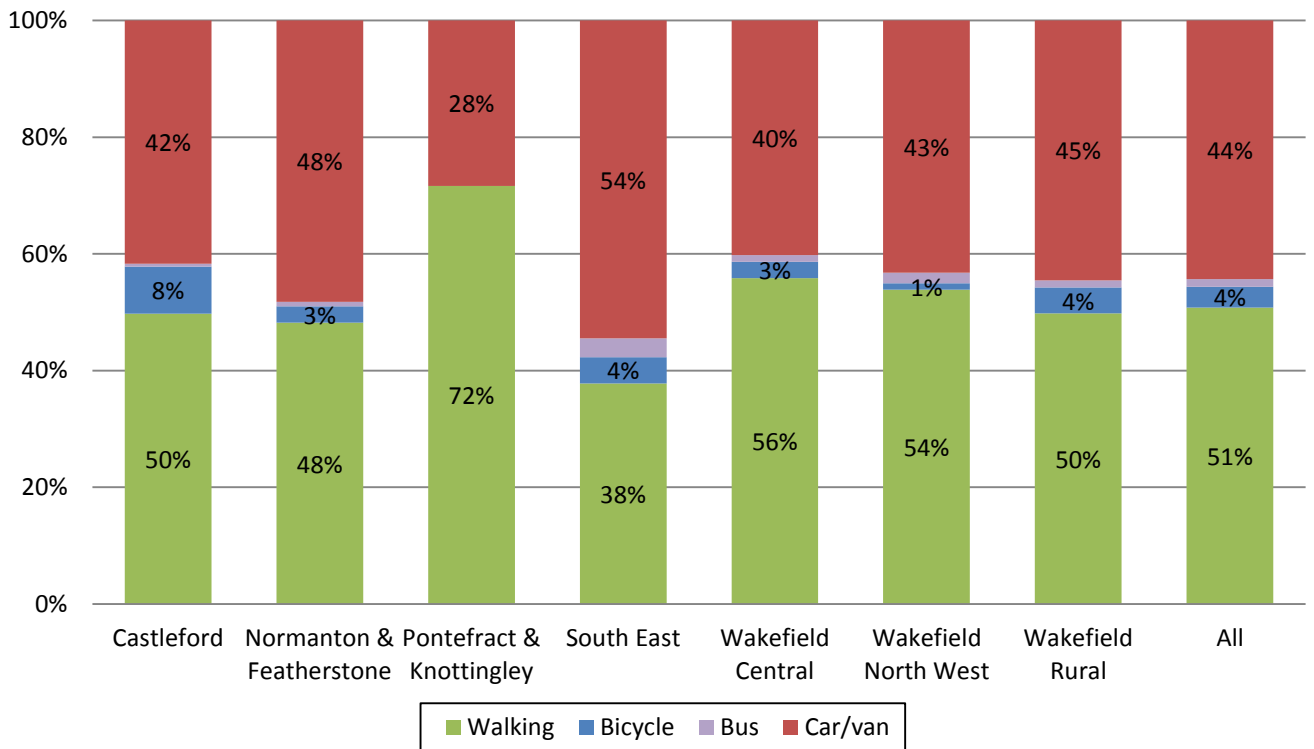




### Primary - Hours of physical activity per day

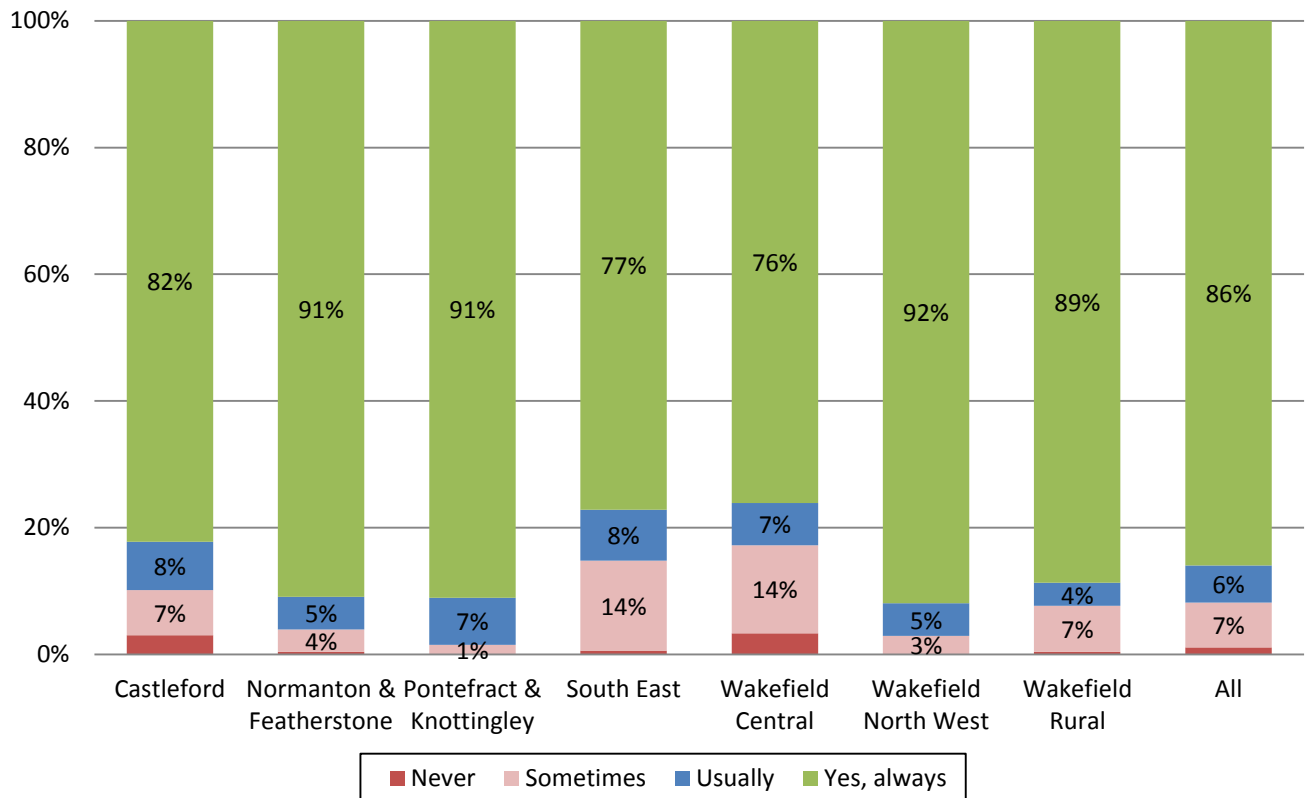


### Primary - Travel to school today

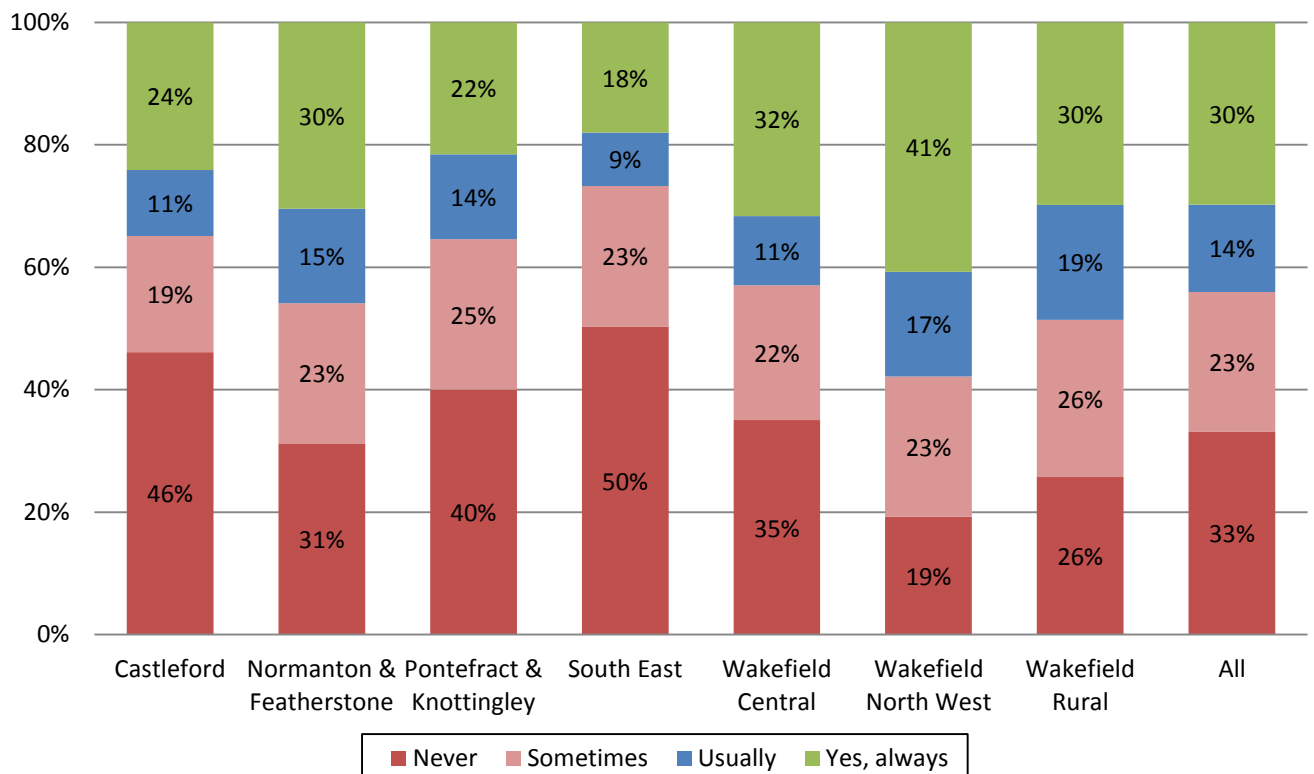


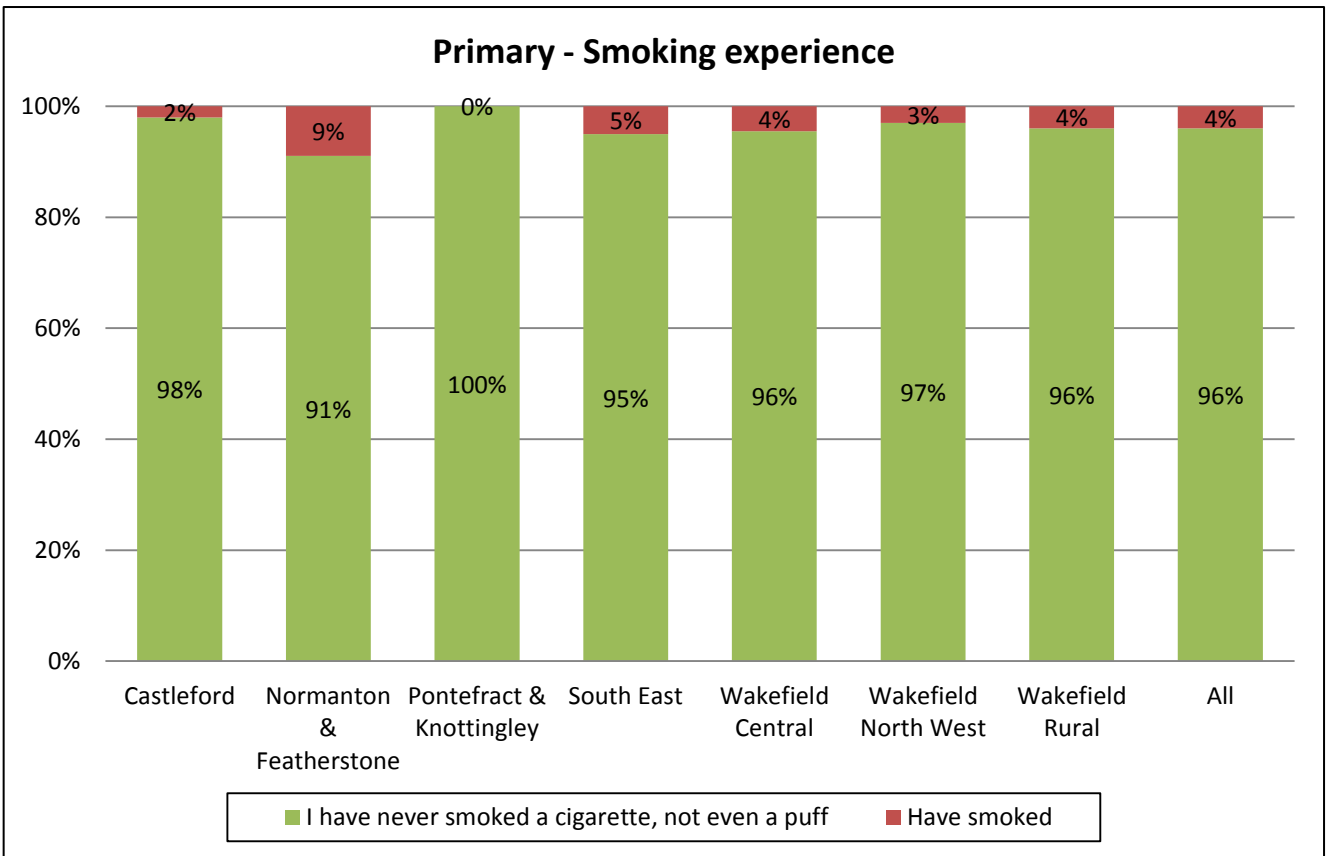
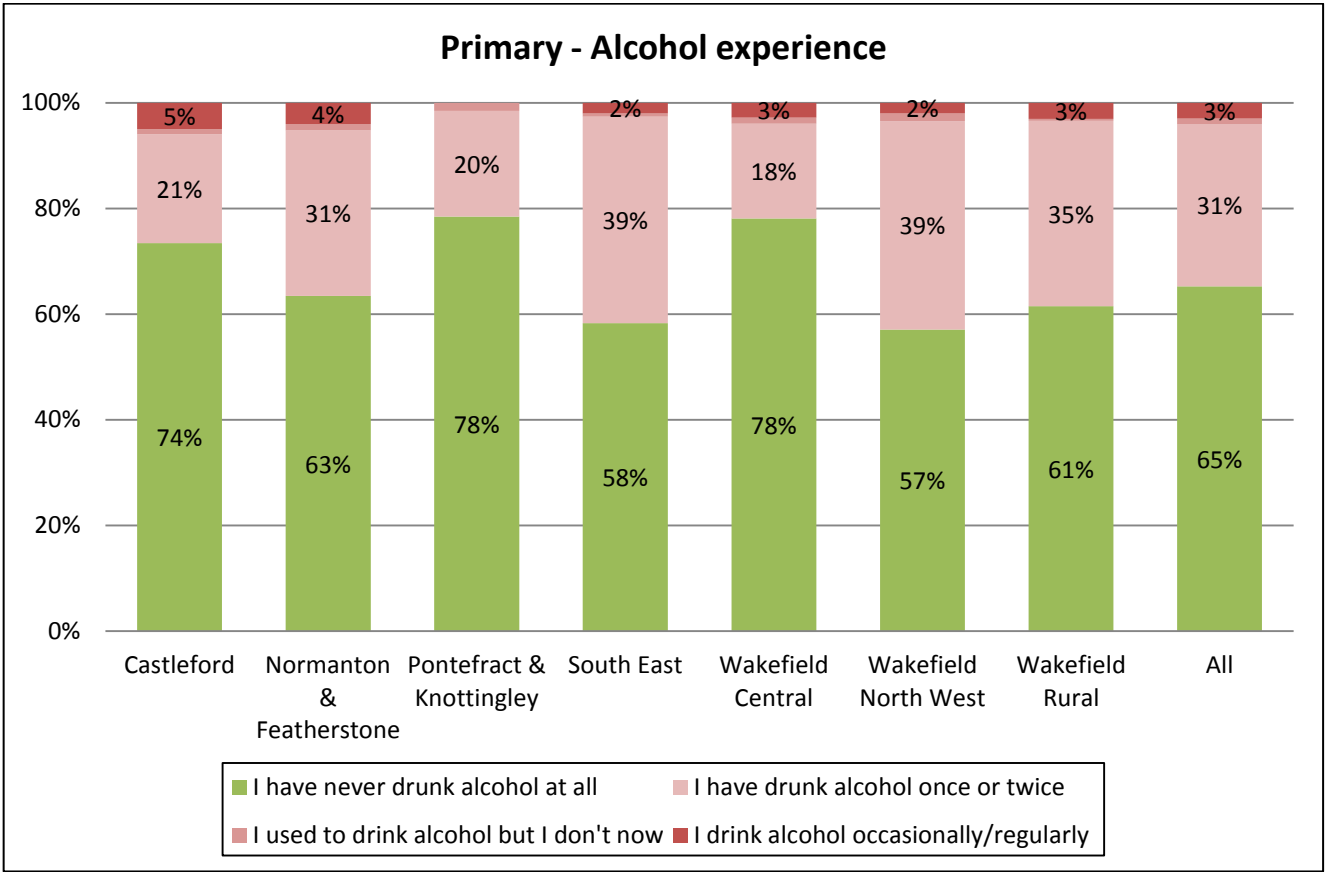


### Primary - When travelling in a car do you wear a seatbelt?

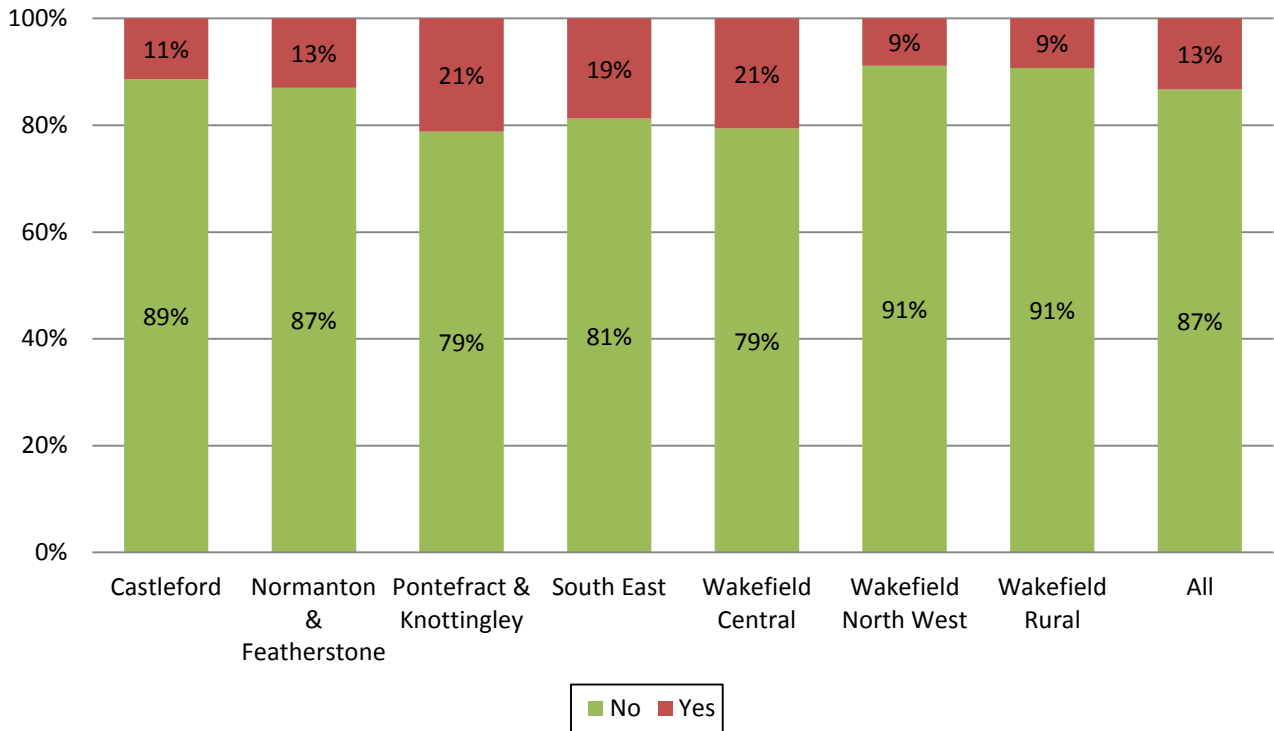


### Primary - Do you wear a safety helmet when cycling?

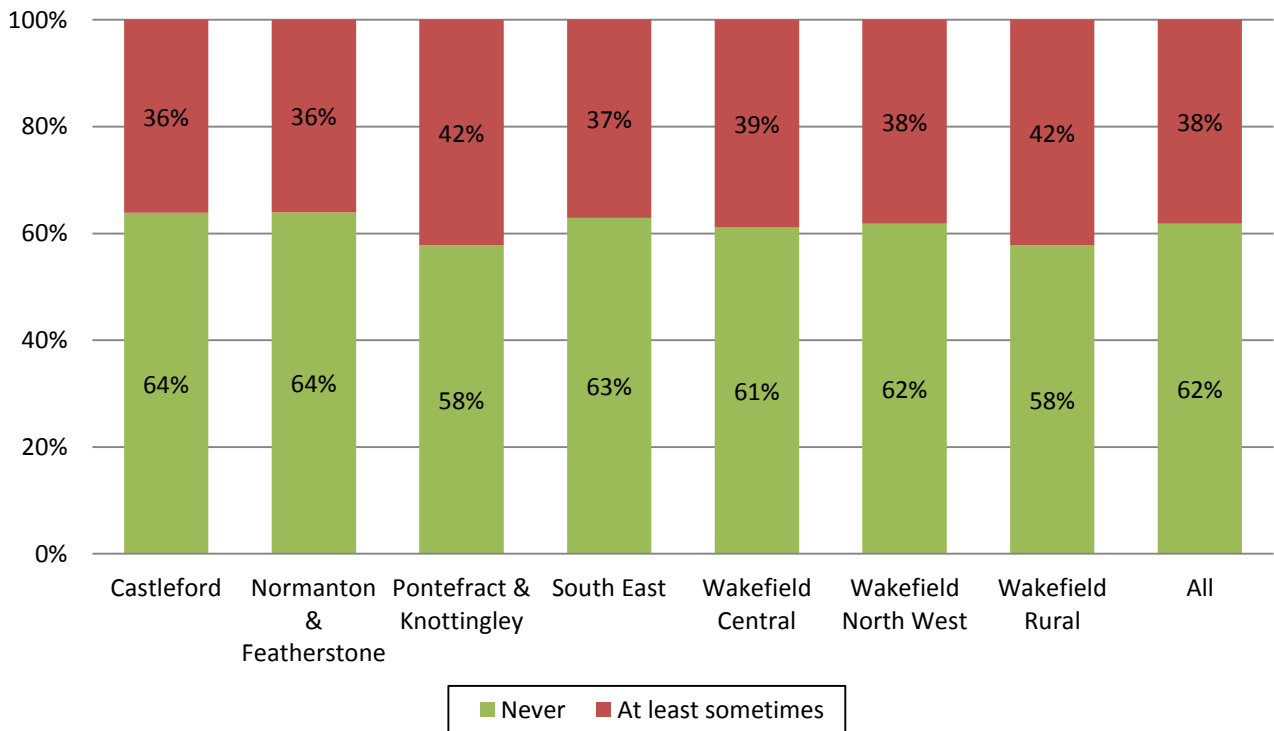


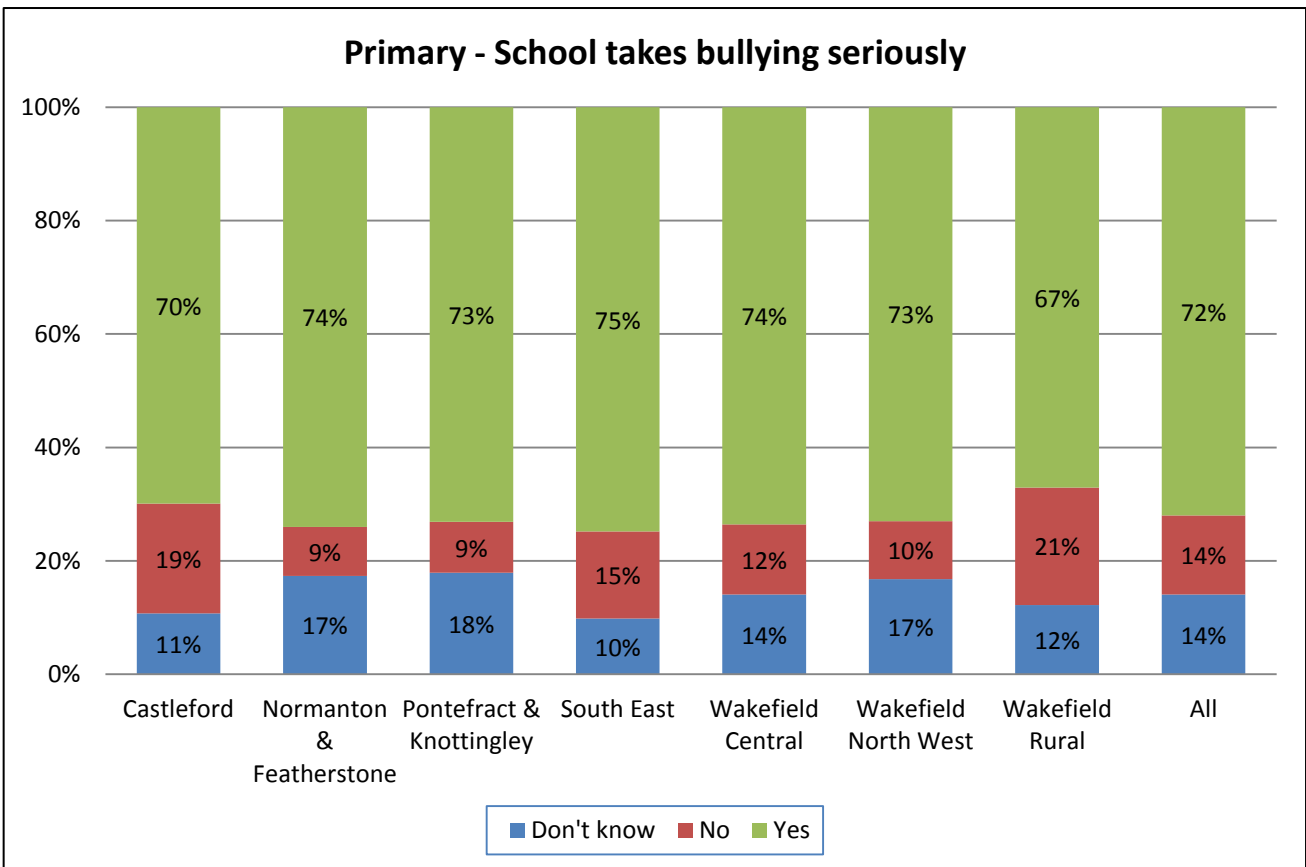
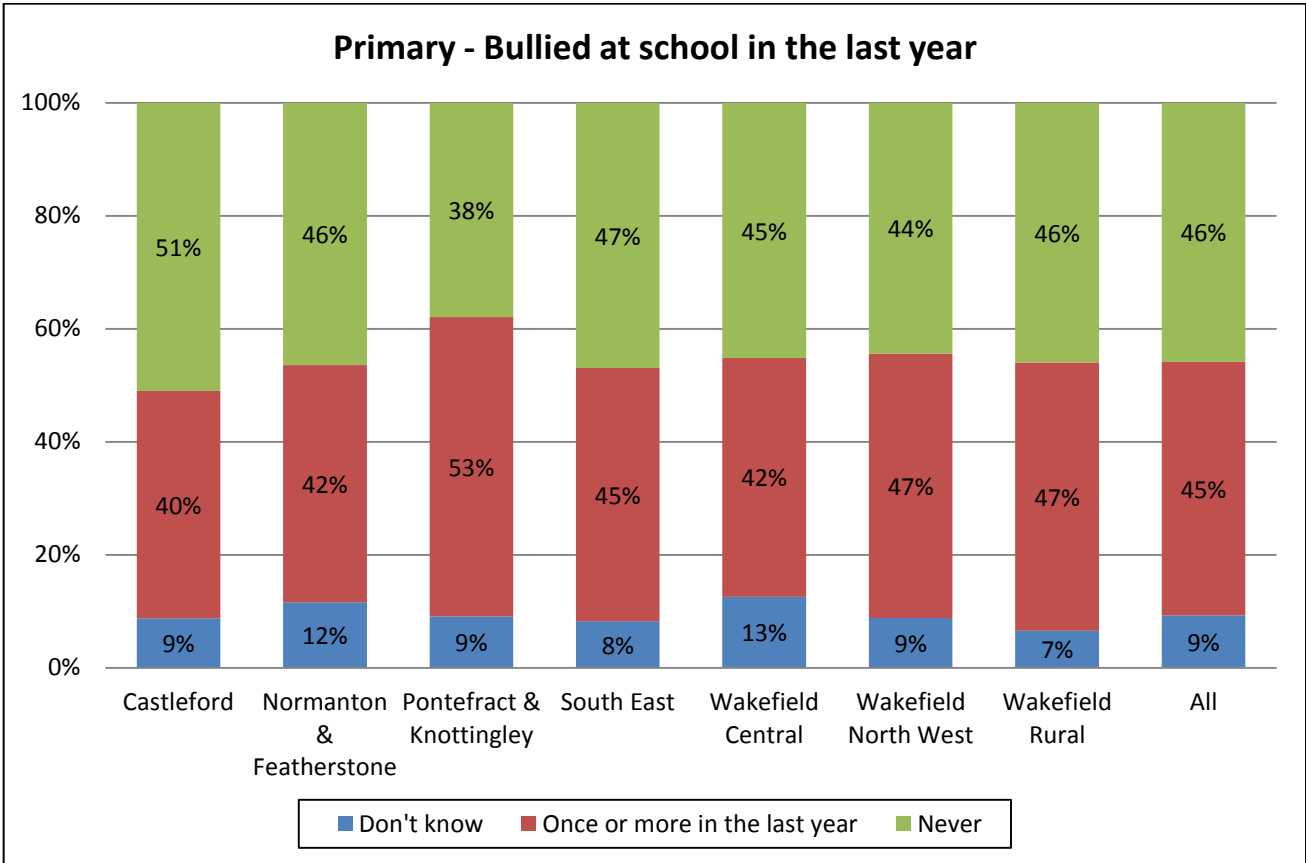


### Primary - Does anyone smoke indoors at home in rooms that you use?

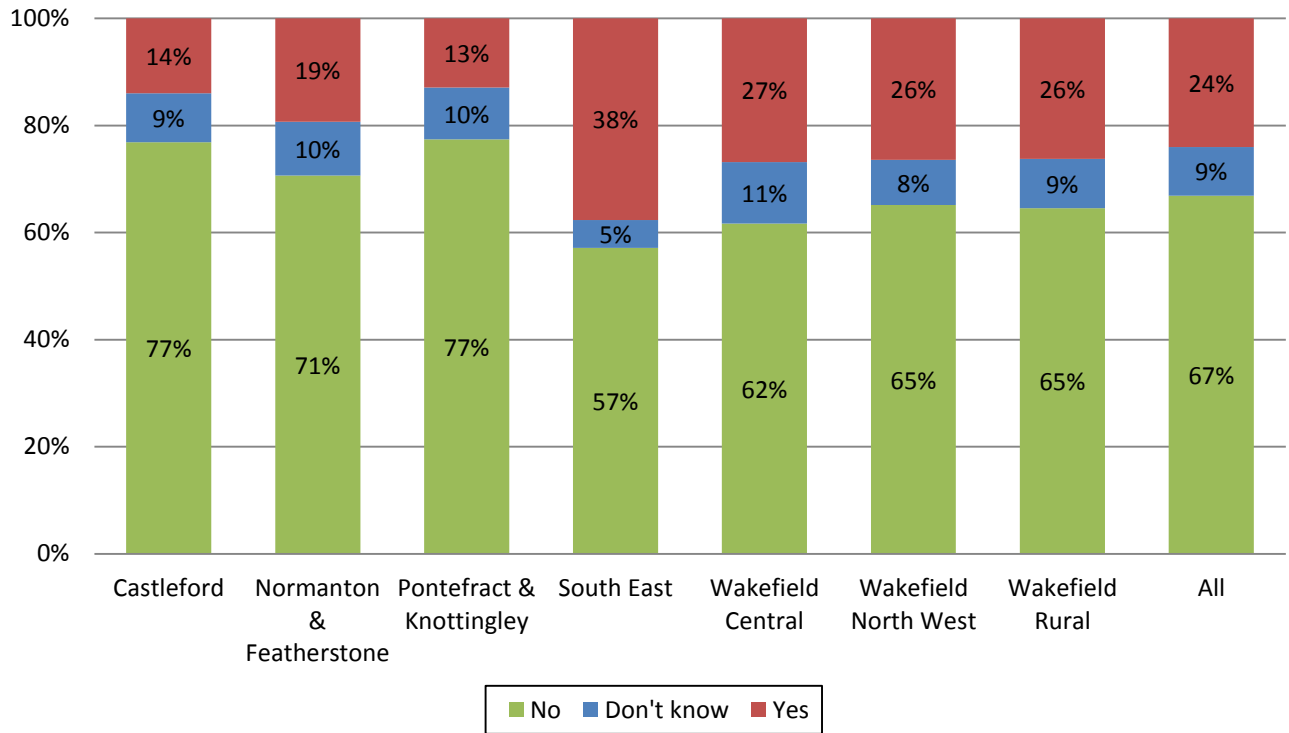


### Primary - Are you ever afraid of going to school because of bullying?

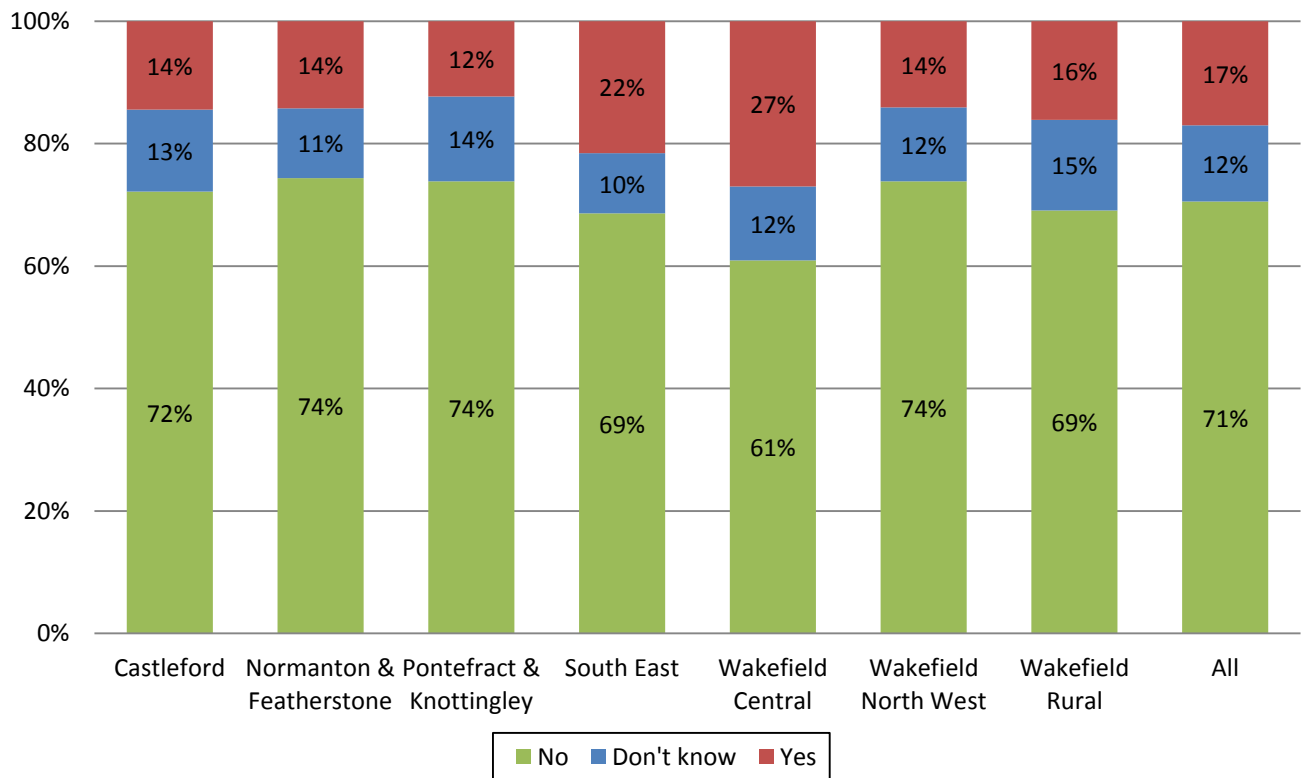




### Primary - Seen images/pictures online that made you uncomfortable

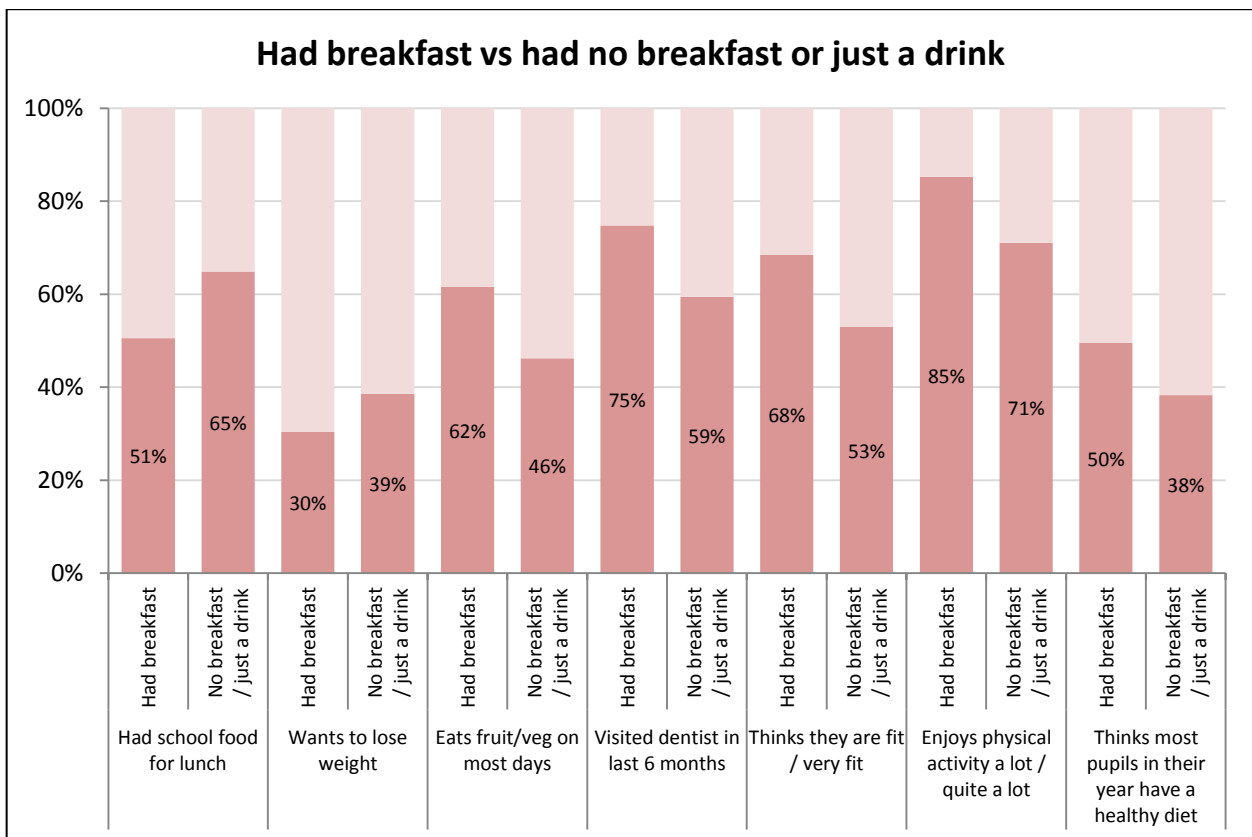


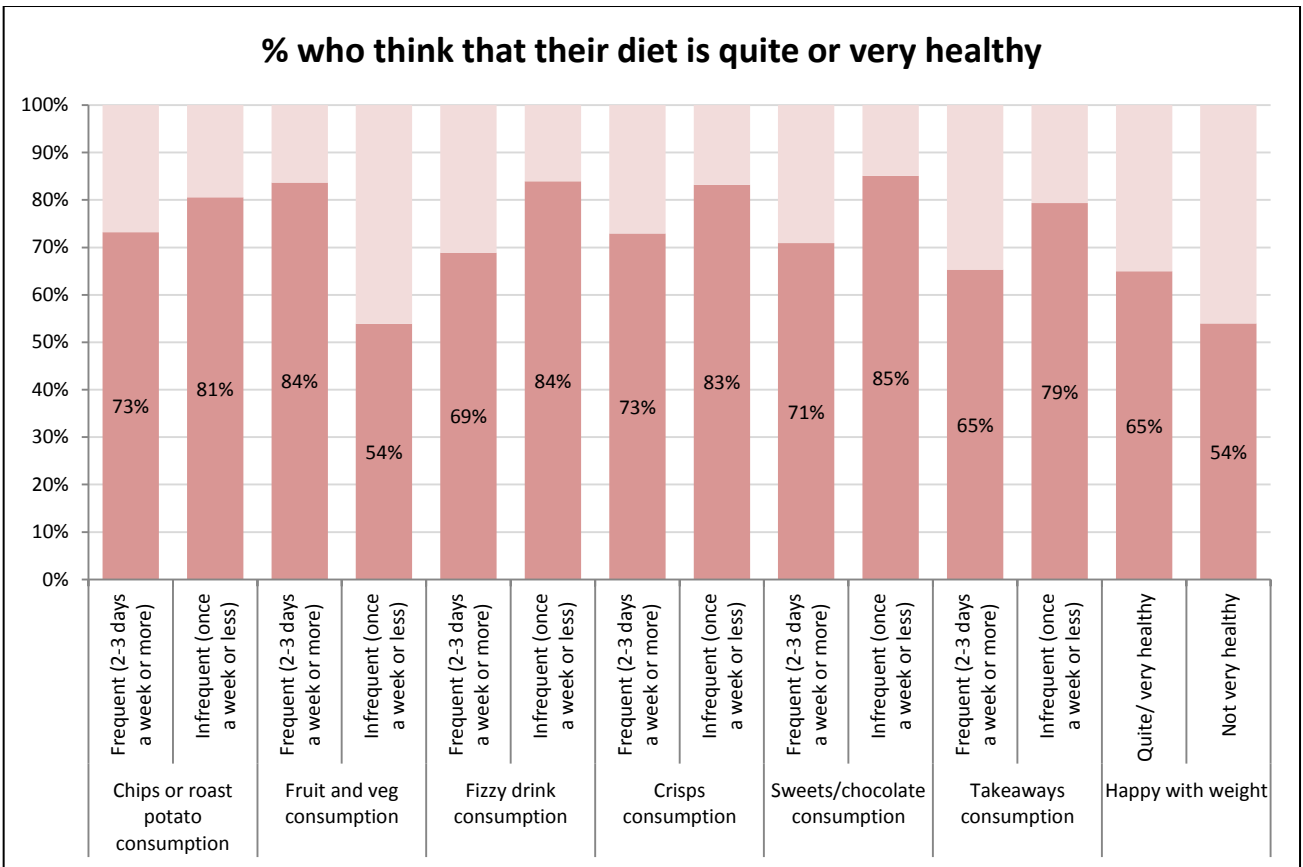
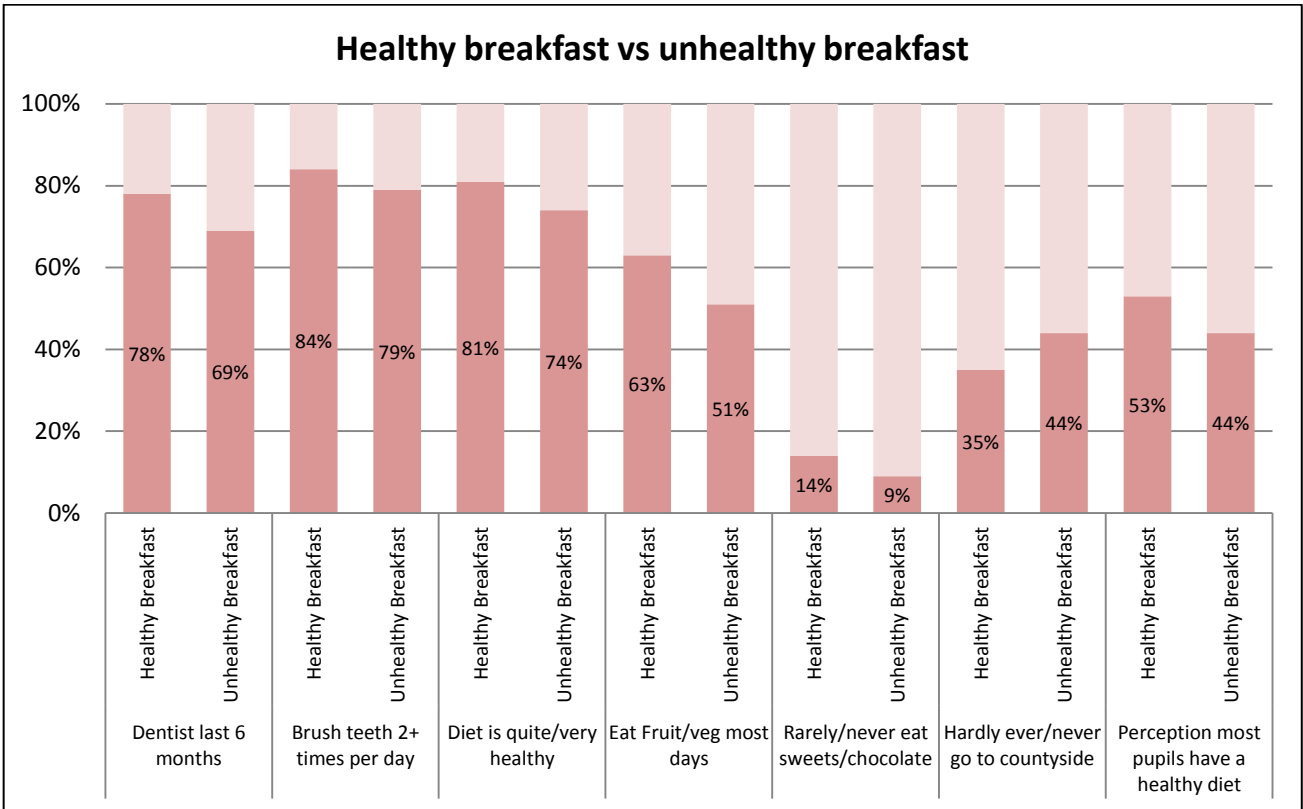
### Primary - People lying about who they are on the Internet

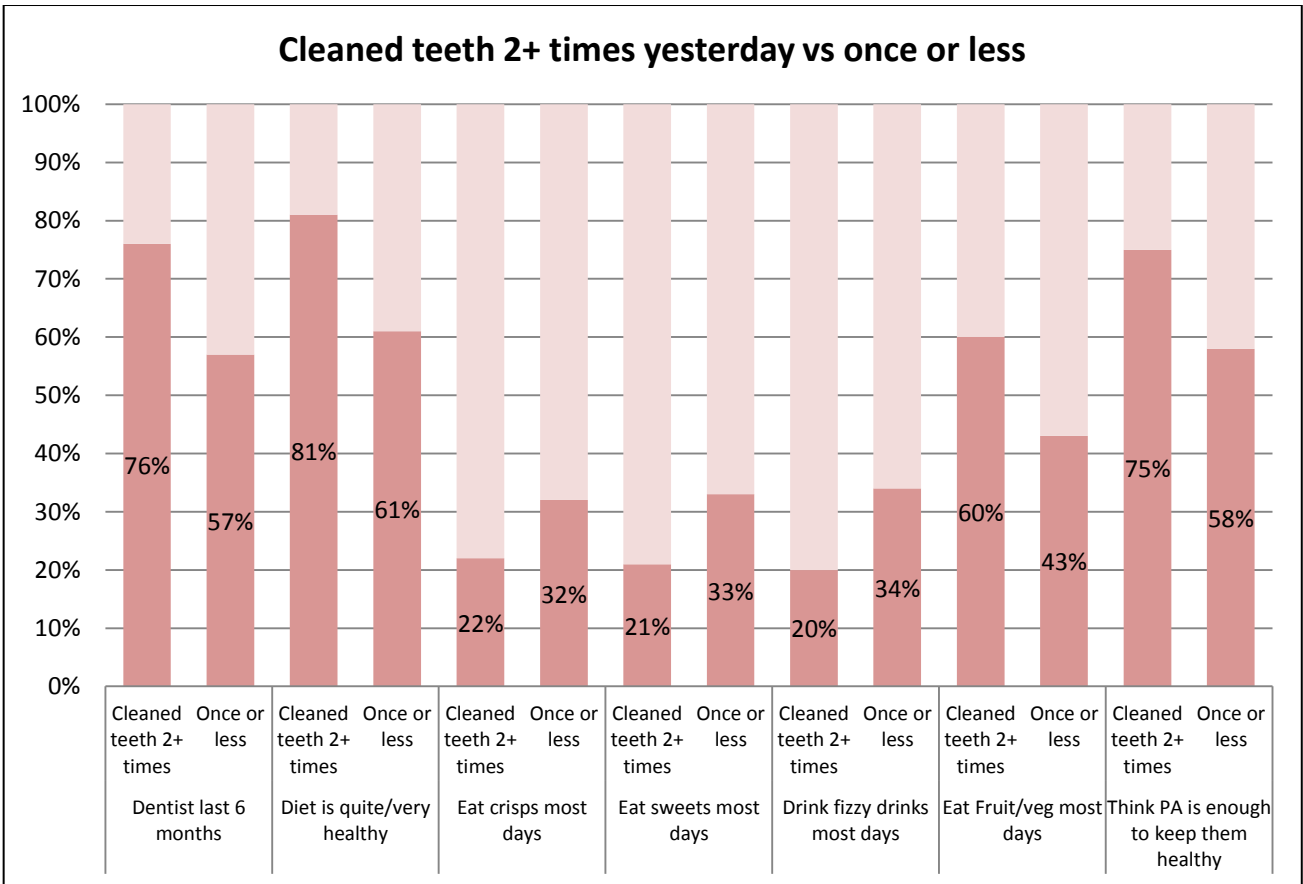
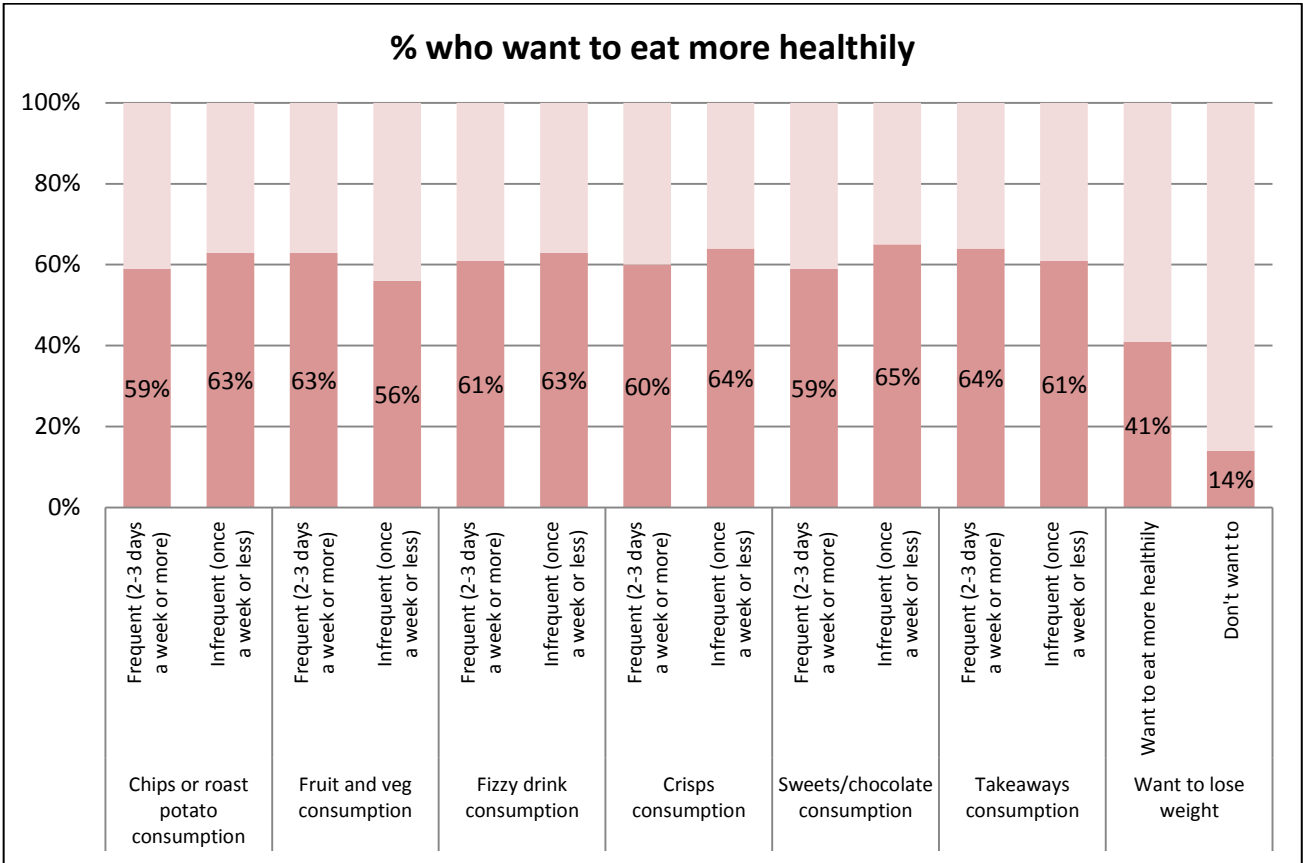


### Cross tabulations – further detail

- ❑ Pupils who had a healthy breakfast were more likely to say they had been to the dentist in the past 6 months, and clean their teeth at least twice a day. They were also more likely to say their diet is quite/very healthy, eat fruit and vegetables and avoid sweets/chocolate when compared with pupils who had an unhealthy breakfast.
- ❑ Pupils who think their diet is healthy were less likely to eat chips, sweets or crisps and consume fizzy drinks but more likely to eat fruit and vegetables when compared with pupils who thought their diet was unhealthy.
- ❑ Pupils who cleaned their teeth at least twice the day before were more likely to say they had been to the dentist in the past 6 months, and eat fruit and vegetables ‘on most days’. They were also more likely to say their diet is quite/very healthy and avoid sweets/chocolate when compared with pupils who said they cleaned their teeth once or less the day before. They were also more likely to say that they think the amount of physical activity they do is enough to keep them healthy.
- ❑ Pupils who do the recommended amount of physical activity were more likely to say they enjoy physical activity, visit parks at least once a week and think that they are fit/very fit. They were also more likely to say they think they do enough physical activity to keep themselves healthy and less likely to say they want to lose weight when compared with pupils who did less than the recommended amount of physical activity.
- ❑ Pupils who said they wanted to lose weight were more likely to say they want to eat more healthily and want to be more physically active. They were also more likely to say they were bullied because of their size or weight but less likely to say they are fit/very fit or feel happy with their life when compared with pupils who were happy with their weight.
- ❑ Pupils who have smoked e-cigarettes were more likely to say they have drunk alcohol, that someone at home smokes and that they never or only sometimes wear a seatbelt. They were less likely to say they feel happy with their lives or that their diet is healthy when compared with pupils who have not smoked e-cigarettes.
- ❑ Pupils who said they were often/very often afraid to go to school because of bullying were more likely to say that they were bullied at least once a week, worried about the way they look and said they had experienced someone online lying to them about who they were. They were less likely to say they were happy with life or that school takes bullying seriously when compared with pupils who said they were never afraid of going to school because of bullying.
- ❑ Pupils who scored poorly on the wellbeing scale were less likely to say that they would talk to someone if they had a problem with school or their health. They were less likely to say that their diet is healthy or that they are fit/very fit when compared with pupils who scored highly on the wellbeing scale.

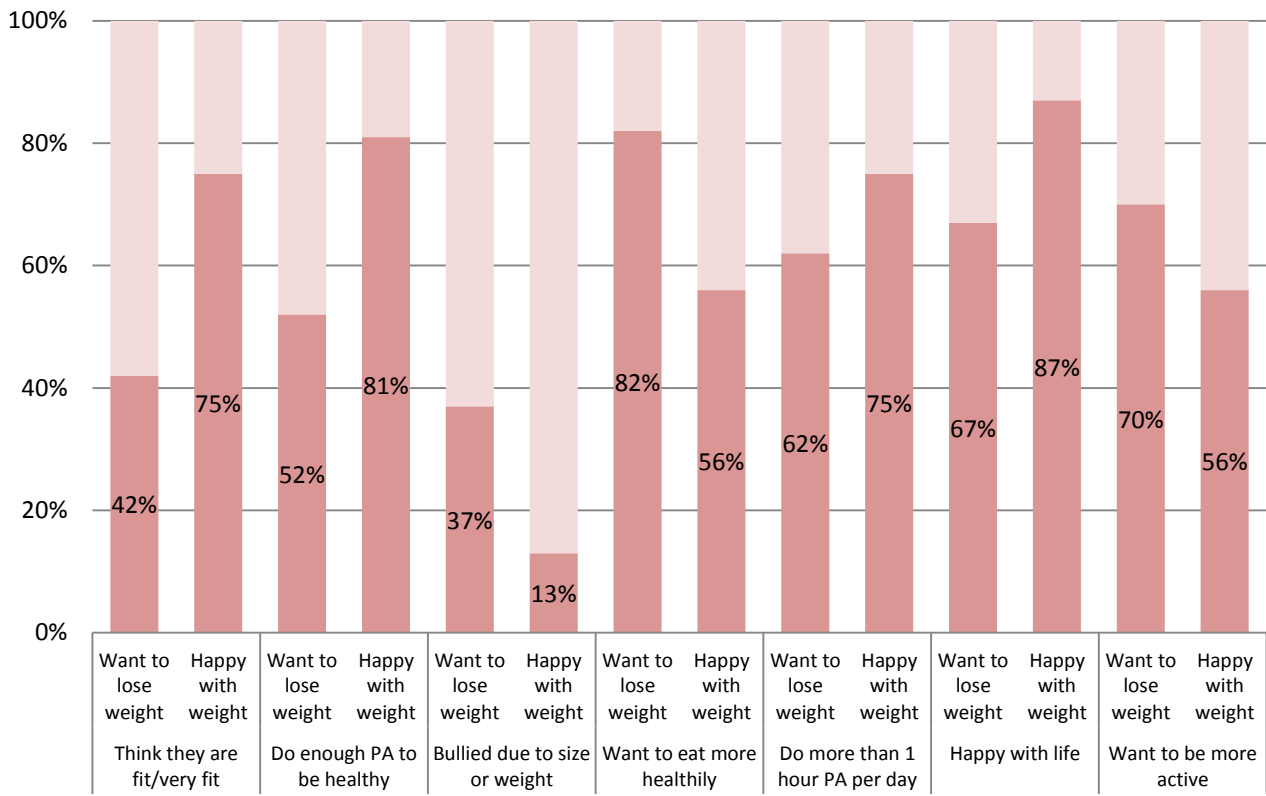




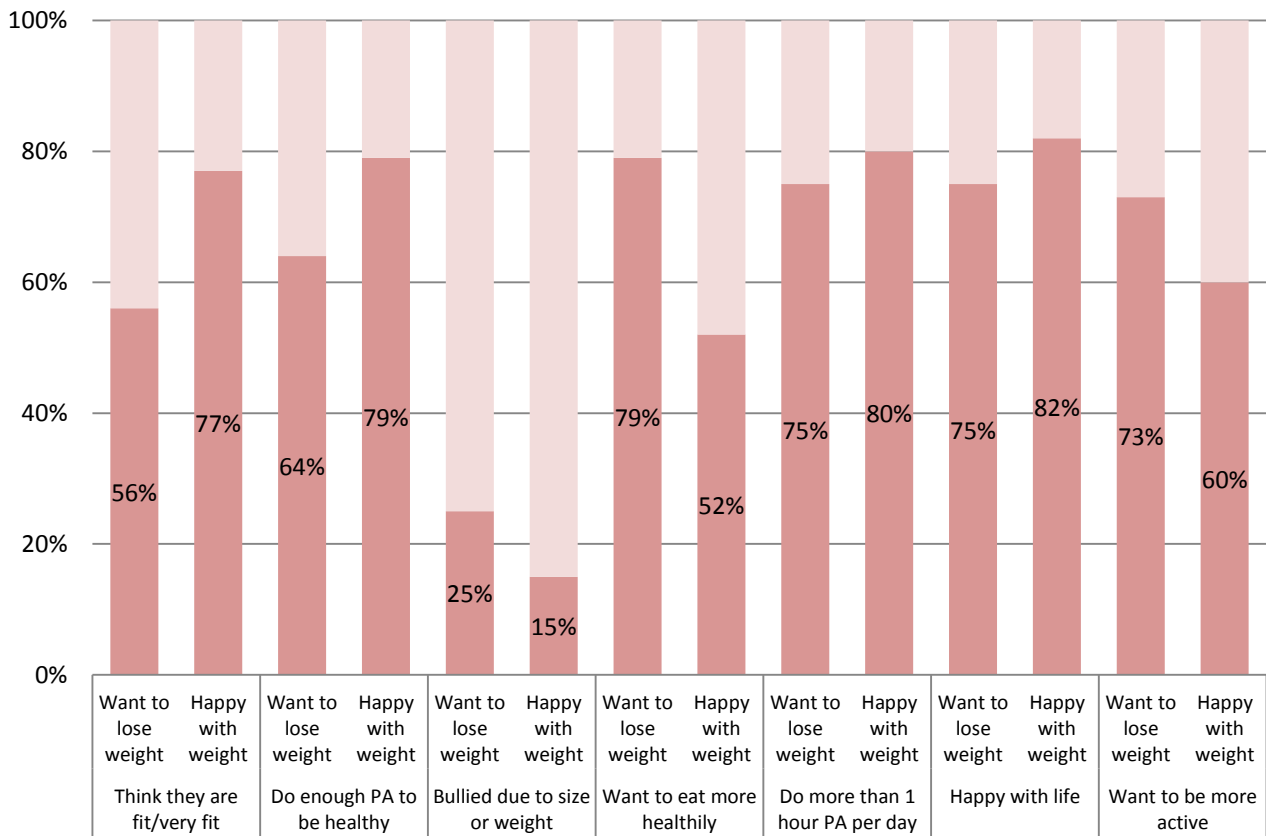




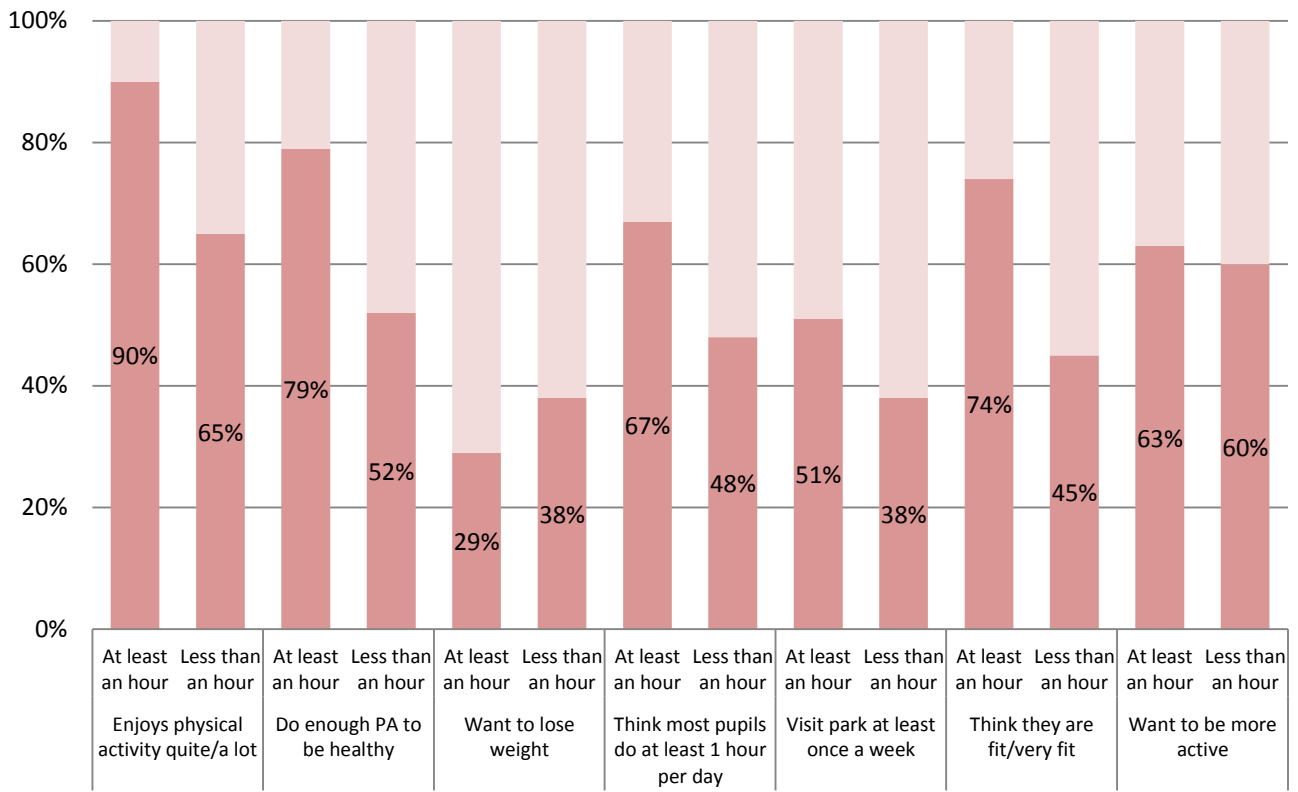
### How girls feel about their weight



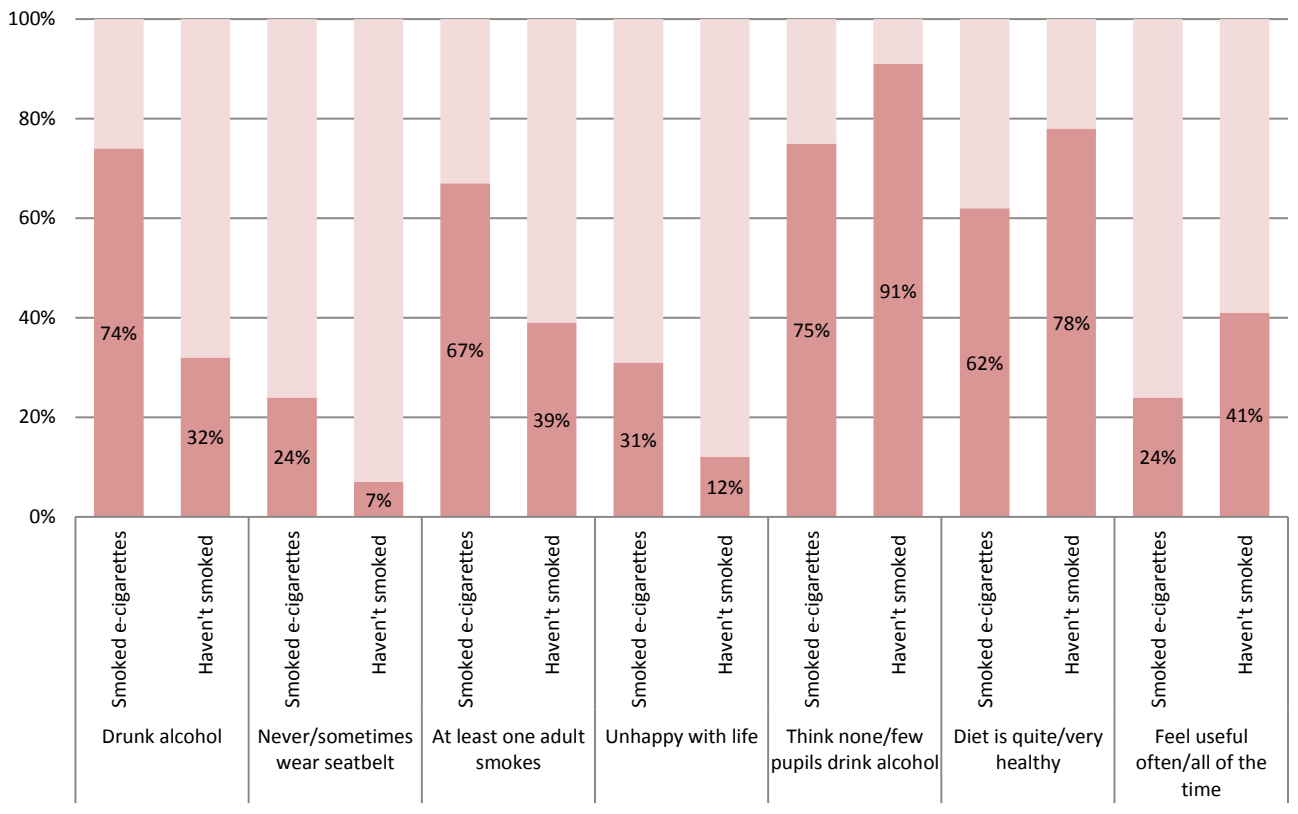
### How boys feel about their weight



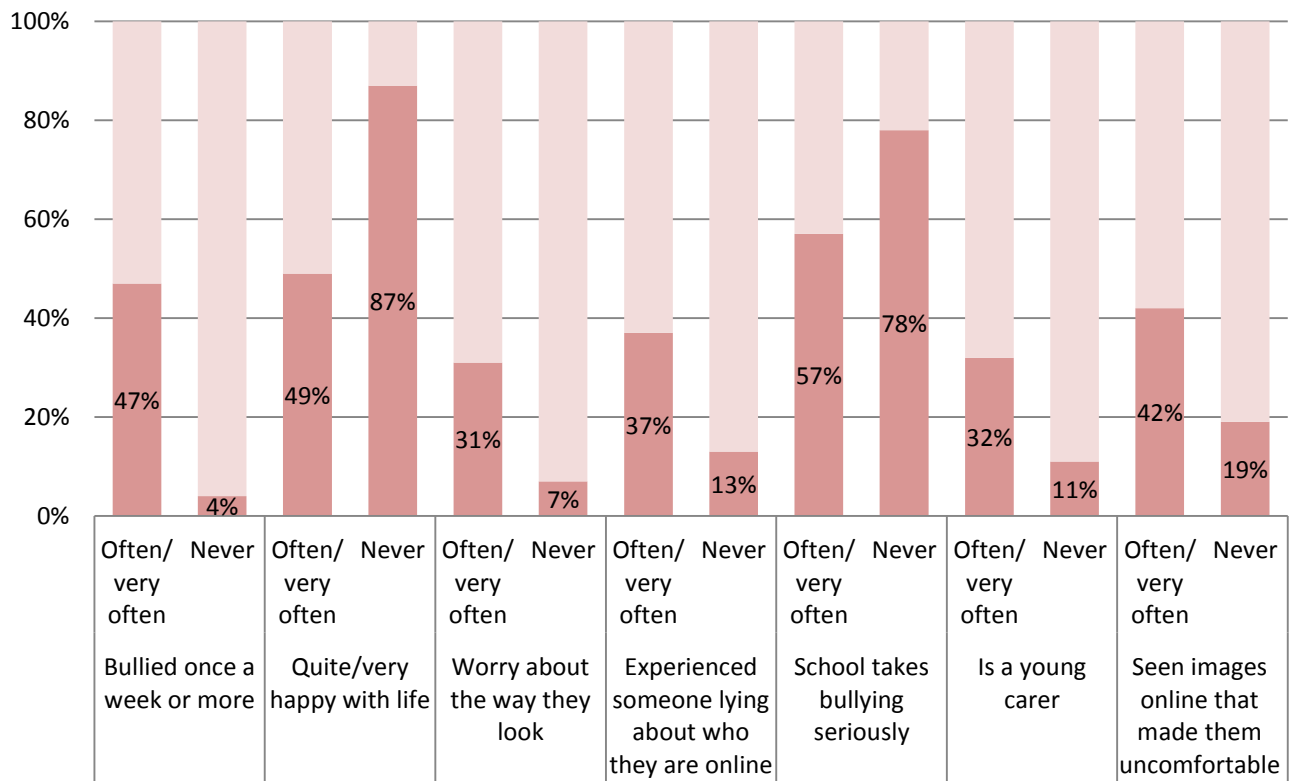
### Physical activity: at least an hour vs less than an hour



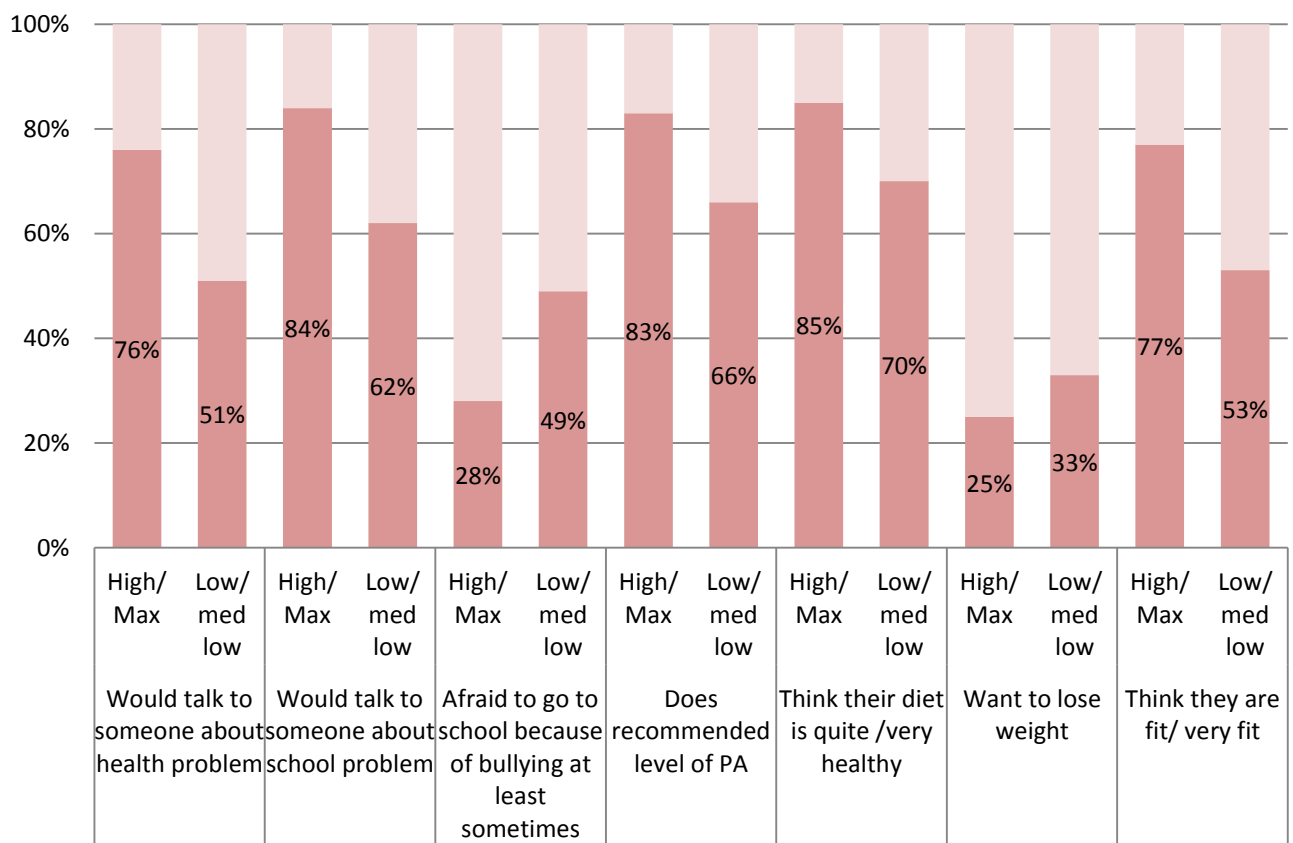
### Experience of e-cigarettes



### Afraid of going to school because of bullying - often/very often vs never



### Wellbeing scores from SWEMWB scale

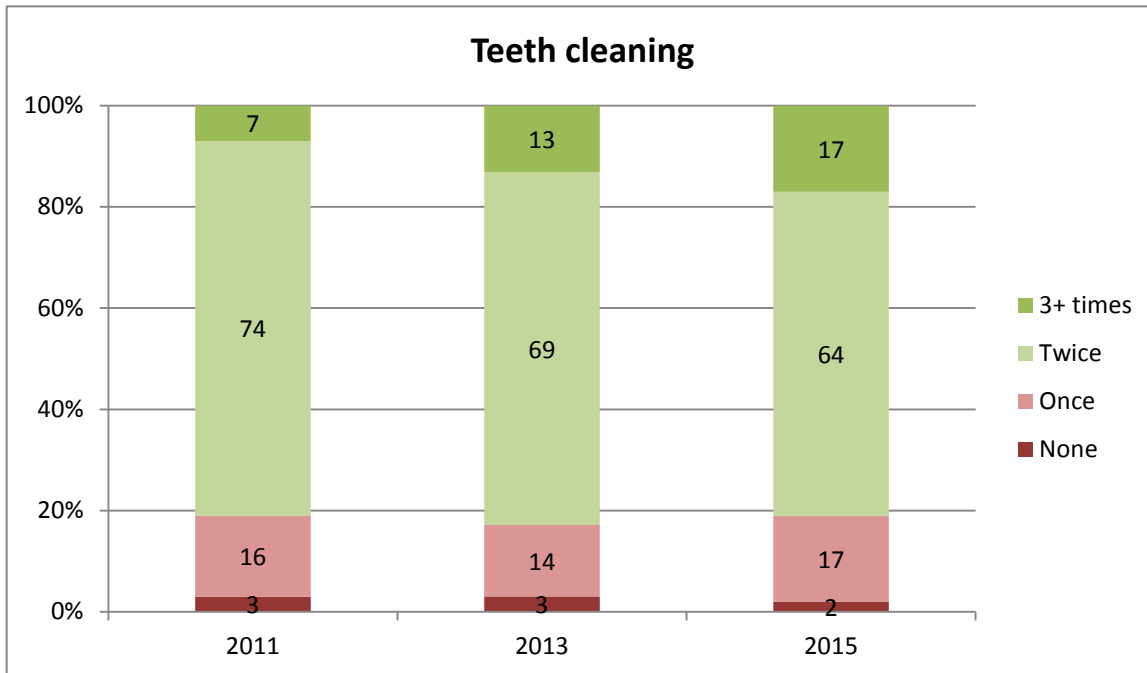


## Trends

The questionnaires have changed somewhat for the 2015 version compared with previous years but the following are available for analysis.

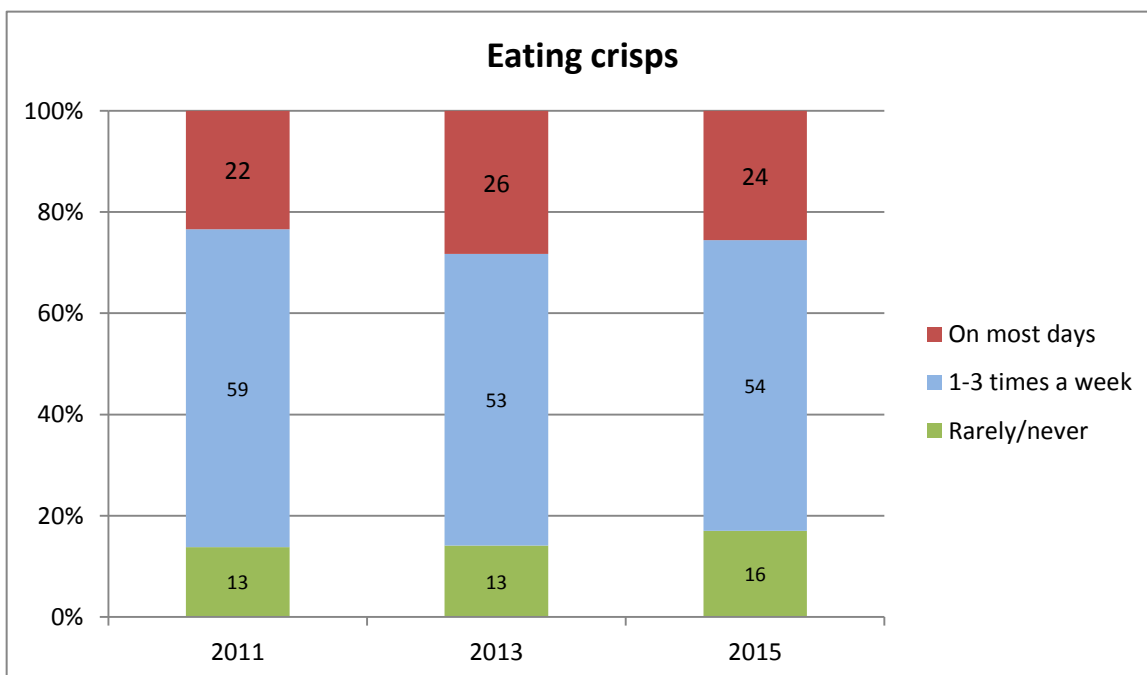
### Healthy Eating

The question is not the same across all 3 surveys, changing to 'normally each day' in 2015, but the figures for none or once a day appear consistent across all years.



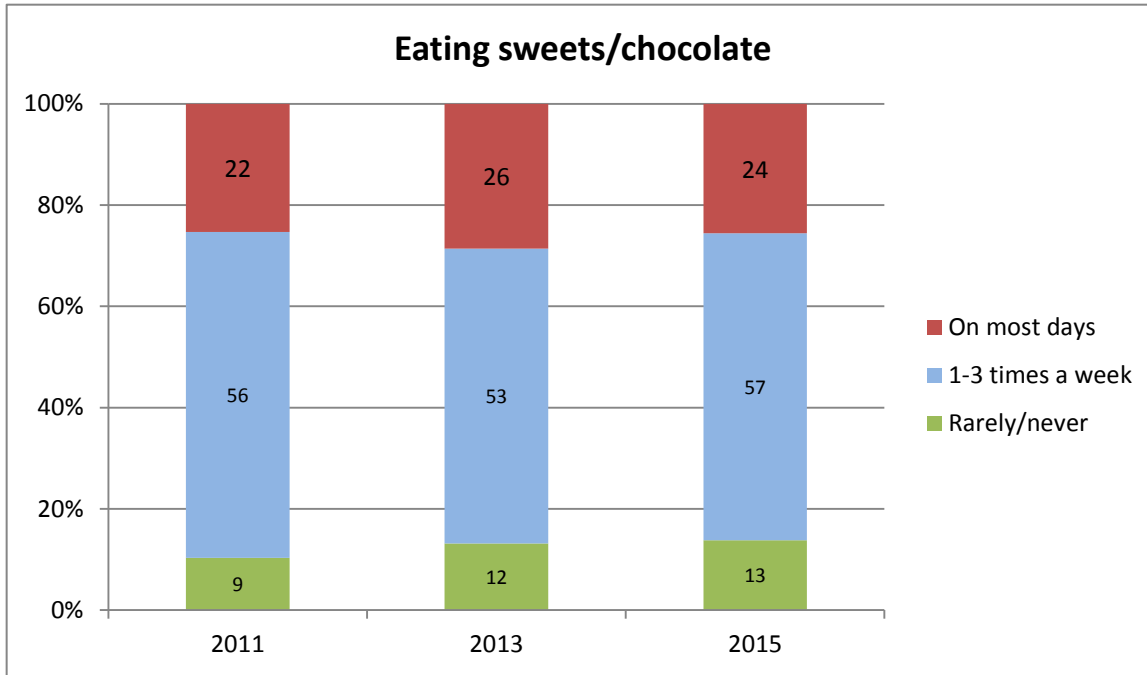
Cleaned teeth yesterday (NB 2015 Q changed to how many times normally per day)

More Year 5 pupils say they 'rarely/never' eat crisps in 2015 compared with 2011.



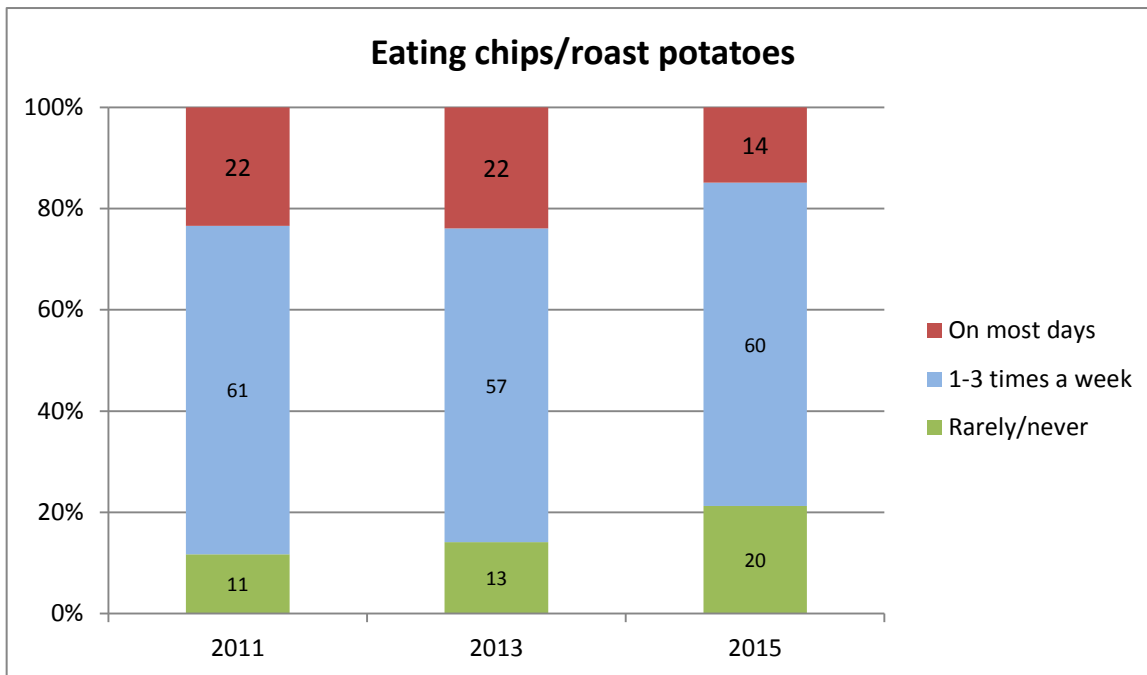
NB columns don't include missing answers so may not add up to 100

More Year 5 pupils say they 'rarely/never' eat sweets/chocolate in 2015 compared with 2011.



NB columns don't include missing answers so may not add up to 100

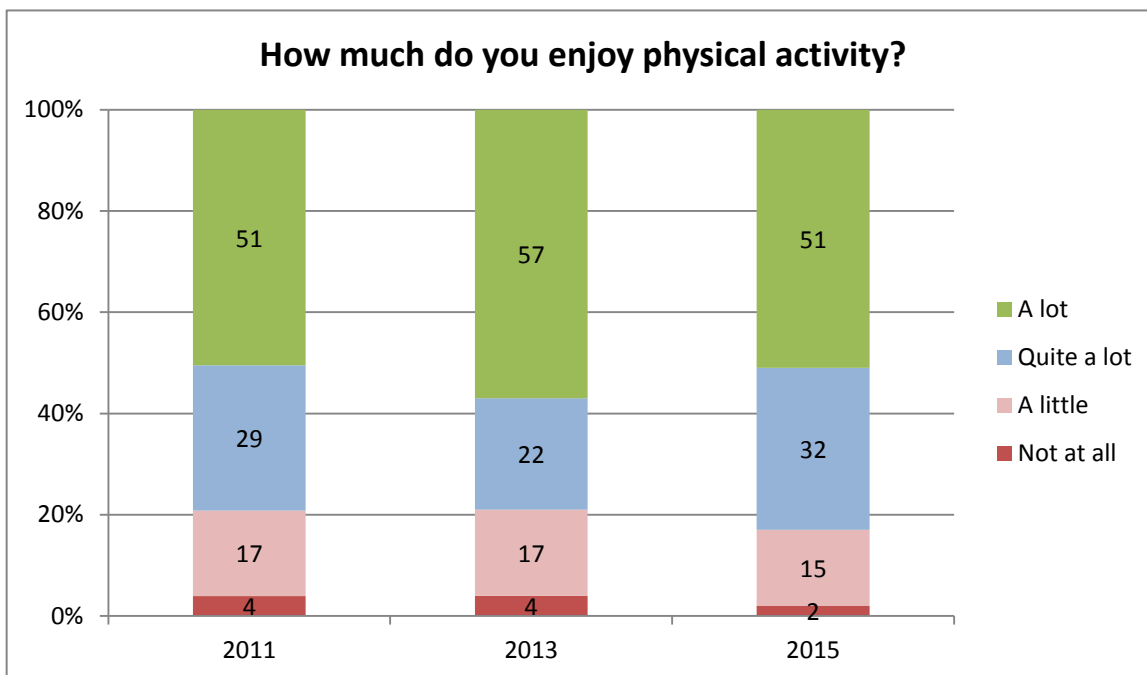
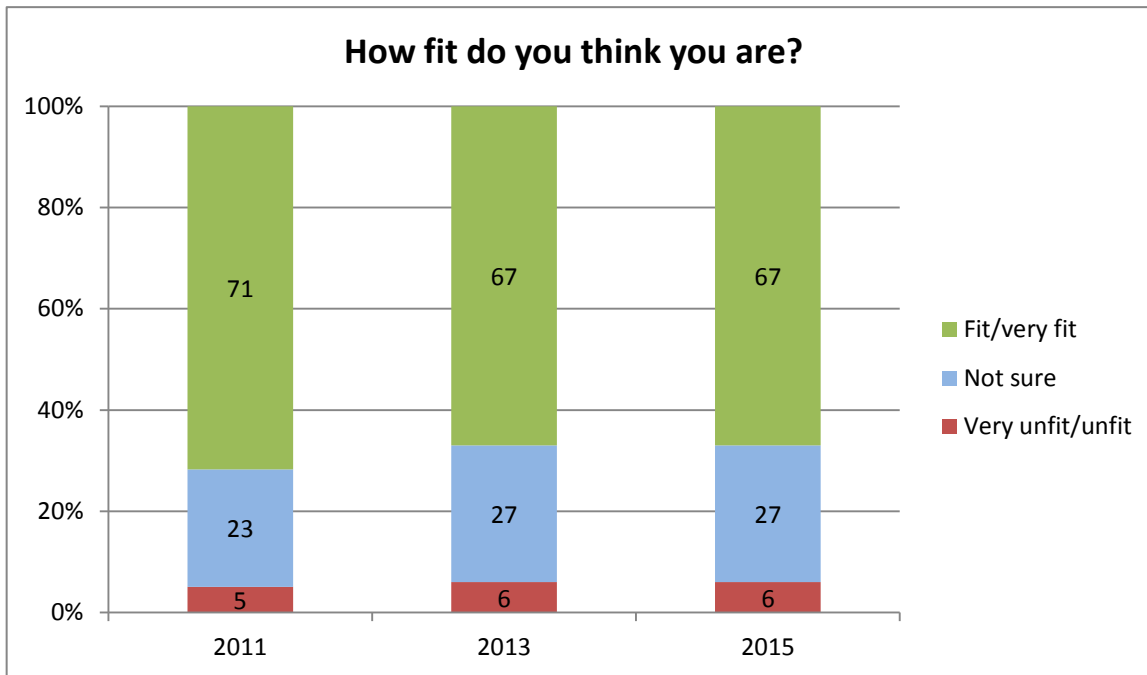
More Year 5 pupils say they 'rarely/never' eat chips/roast potatoes in 2015 compared with 2011.

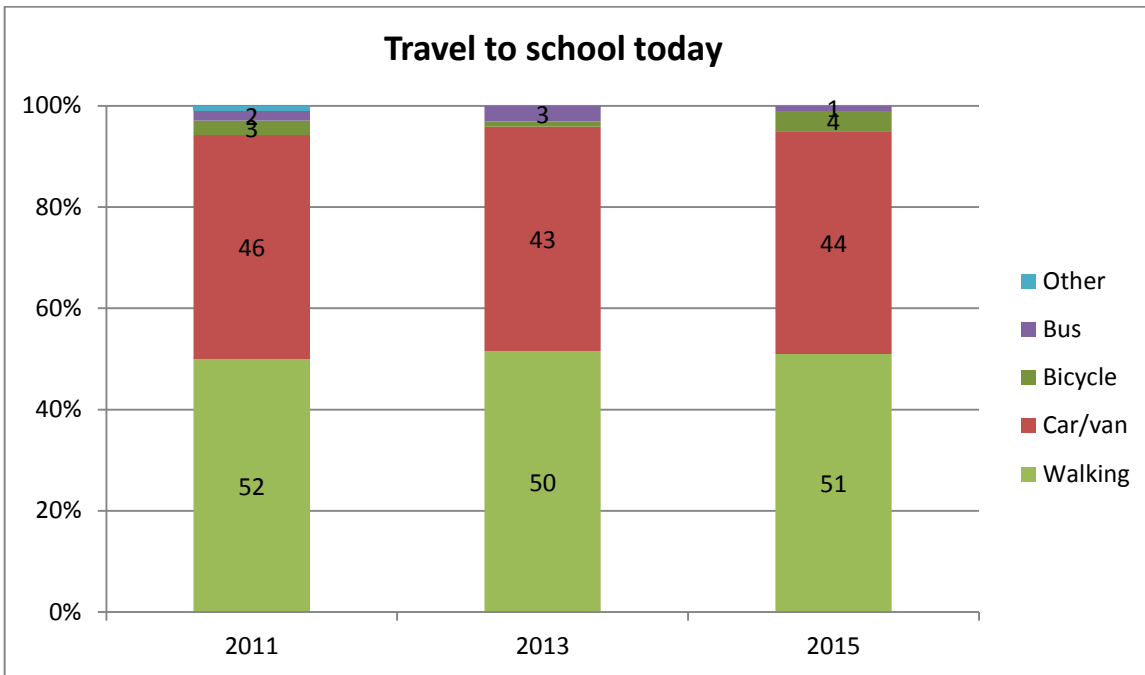


NB columns don't include missing answers so may not add up to 100

## Physical Activity

There appears to be no observable trend here for Year 5 pupils in their perceived level of fitness, enjoyment of physical activity or method of travel to school.

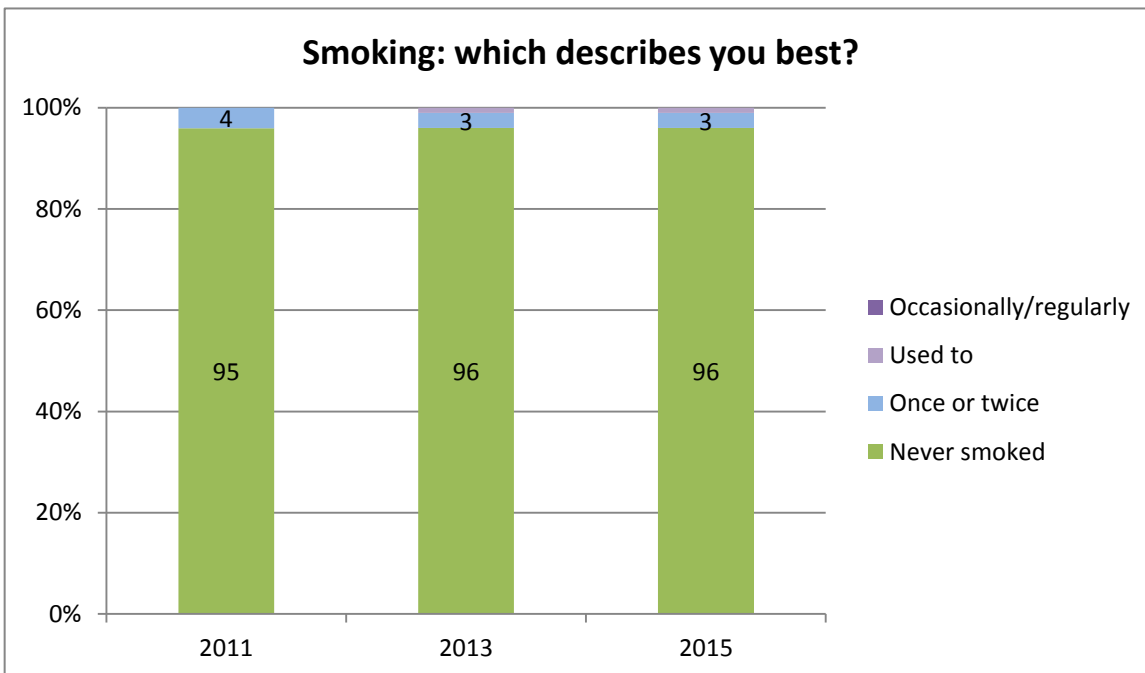




Travel to school today (NB option order changed in 2015)

## Cigarettes

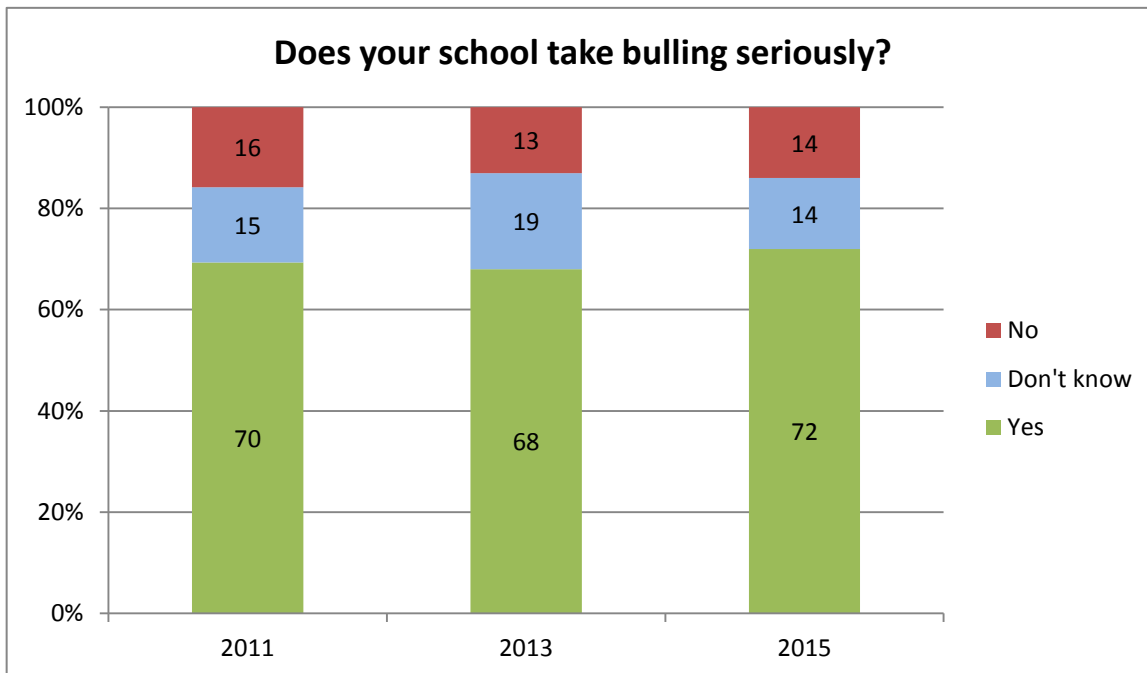
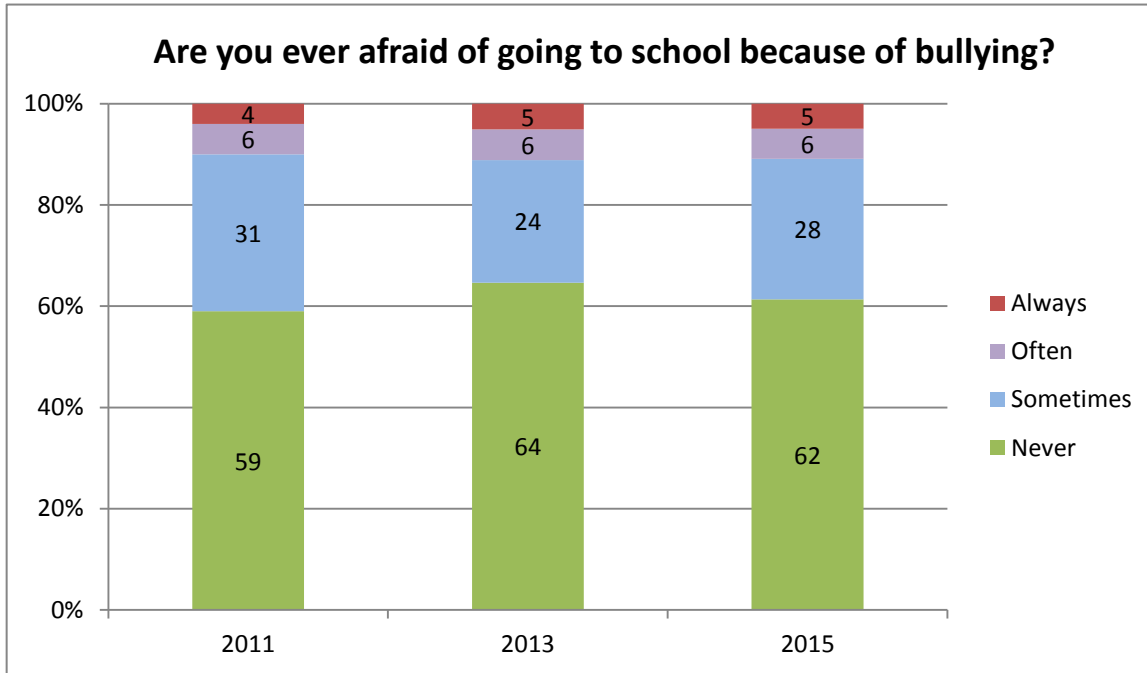
Experience of smoking among Year 5 pupils remains consistently low.



## SAFETY

### Bullying

There appear to be no clear trend for the bullying questions for Year 5 pupils.

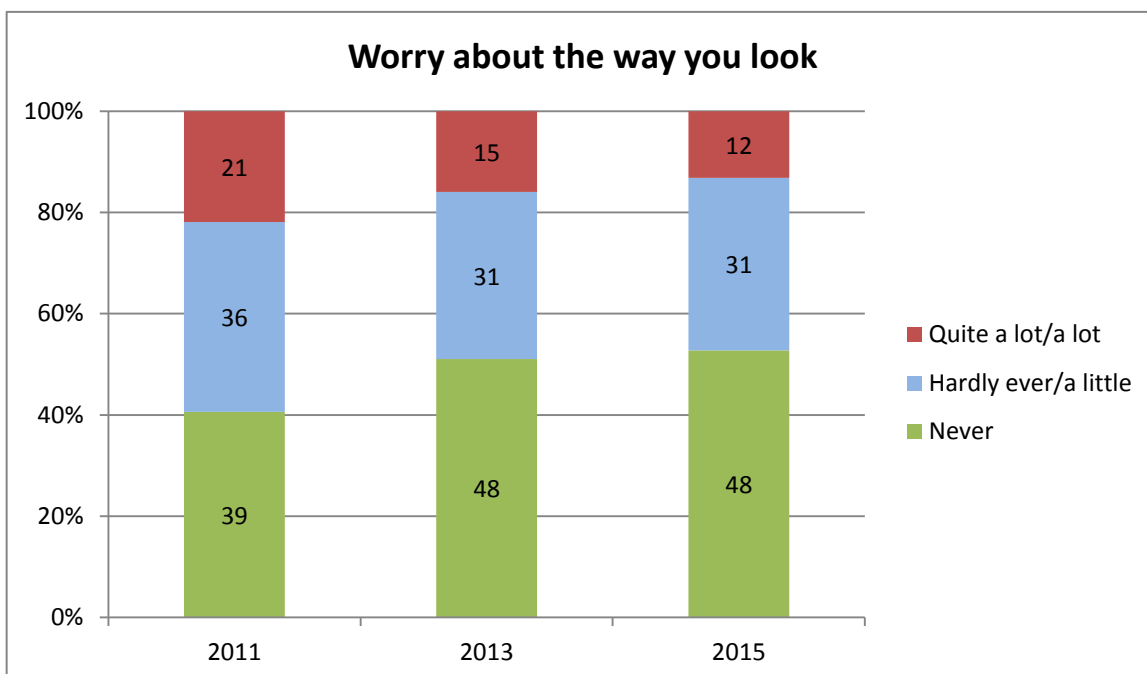
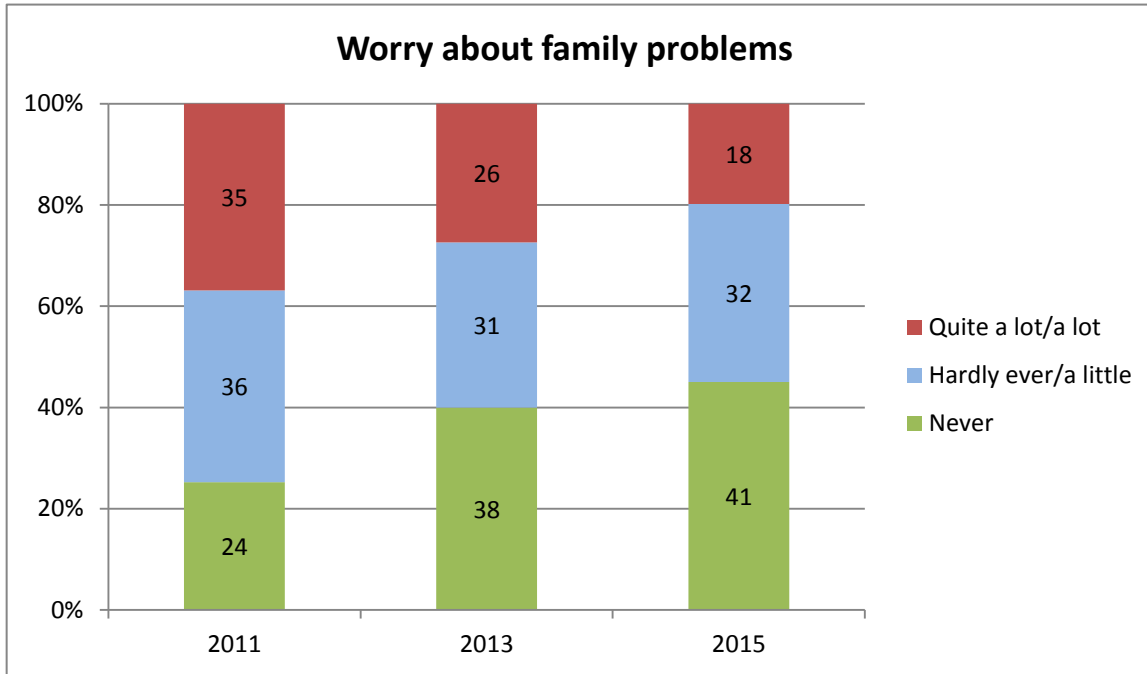




## EMOTIONAL HEALTH & WELLBEING

### Worries

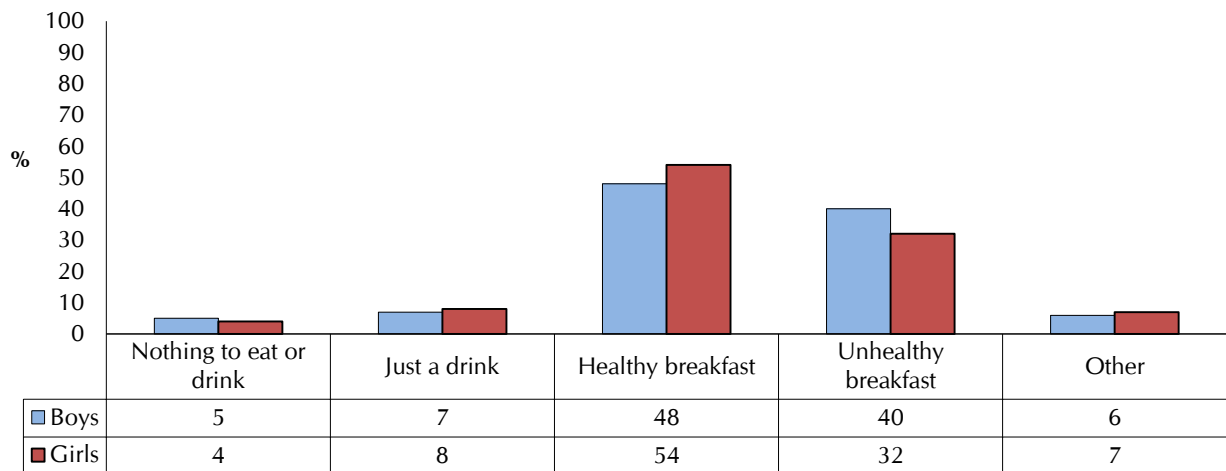
The worries question list is much shorter in the 2015 survey compared with the 2011 survey but the answer options are the same. It would appear that Wakefield pupils are less likely to report worrying about family problems or the way they look compared with pupils in 2011.



# Healthy Eating

## Breakfast

Q4. What did you eat or drink before lessons this morning?



'Healthy breakfast' means fruit; yoghurt; porridge/Readybrek; toast or bread; egg on toast; beans on toast.

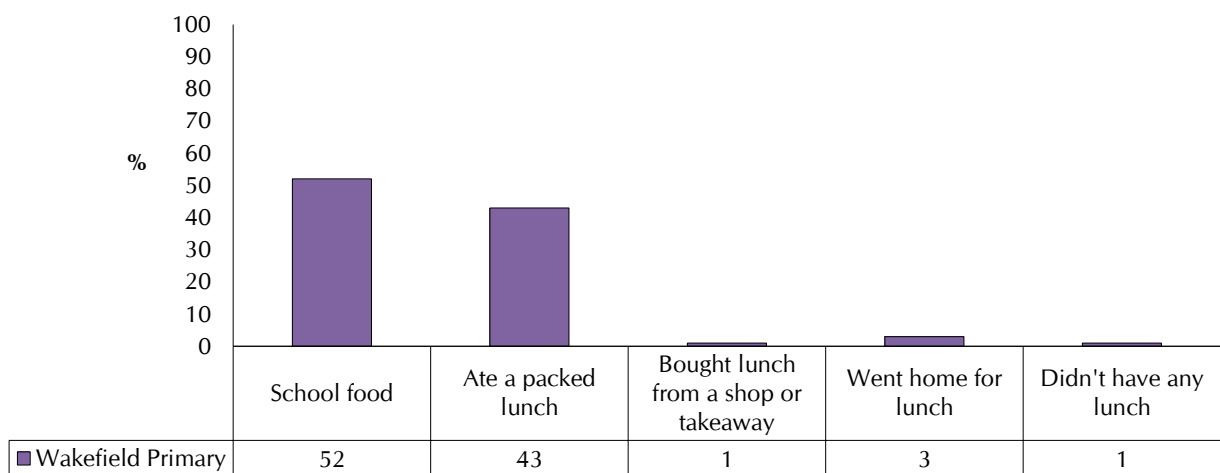
'Unhealthy breakfast' means sugar-coated cereals; breakfast bars; biscuits/cakes; pastries; crisp-type snack; fried breakfast.

48% of boys and 54% of girls responded that they had (at least) one of the healthy items listed before lessons on the day of the survey.

40% of boys and 32% of girls responded that they had (at least) one of the unhealthy items listed before lessons on the day of the survey.

## Lunch

Q5a. What did you do for lunch yesterday?

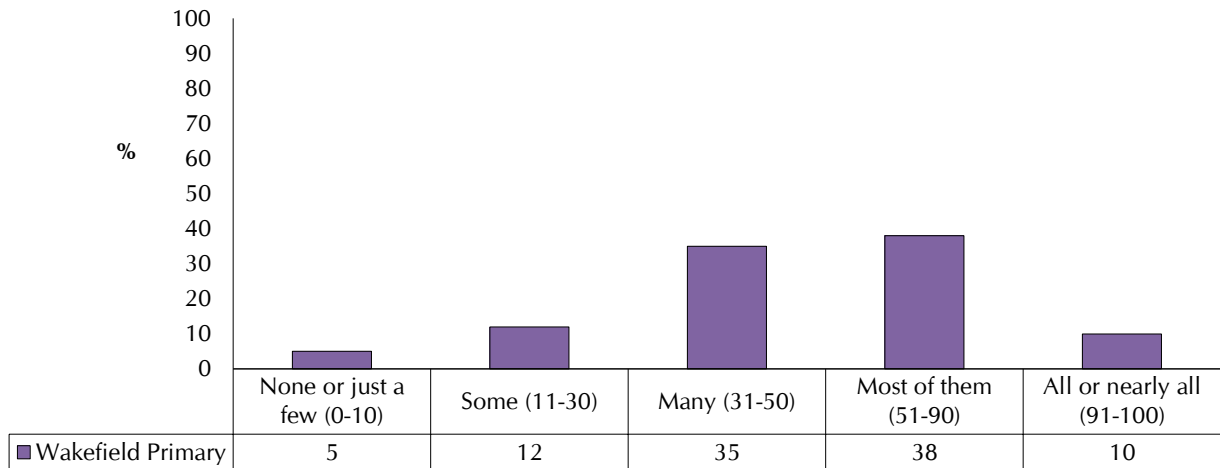


52% of pupils responded that they had school food for lunch on the day before the survey, while 43% said they ate a packed lunch. 1% of pupils responded that they didn't have any lunch on the day before the survey.

32% of pupils responded that they would like to spend less time queuing at school dinner time, while 13% said that the school food needs more healthy options.

## Peer perception: Healthy diet

Q6. What percentage of pupils in your year at school have a healthy diet?



48% of pupils responded that they think at least 'most of' the pupils in their year at school have a healthy diet.

## Foods

56% of pupils responded that they eat fruit and veg 'on most days', while 24% said the same of crisps.

Q7. Percentage of pupils responding that they eat or drink the following 'on most days':

Boys			Girls		
1	Fruit and veg	52%	1	Fruit and veg	61%
2	Fizzy drinks/energy drinks/sports drinks	27%	2	Crisps	22%
3	Crisps	25%	3	Sweets/chocolate	21%
4	Sweets/chocolate	25%	4	Fizzy drinks/energy drinks/sports drinks	18%
5	Chips or roast potatoes	16%	5	Chips or roast potatoes	11%
6	Takeaway meal	6%	6	Takeaway meal	4%

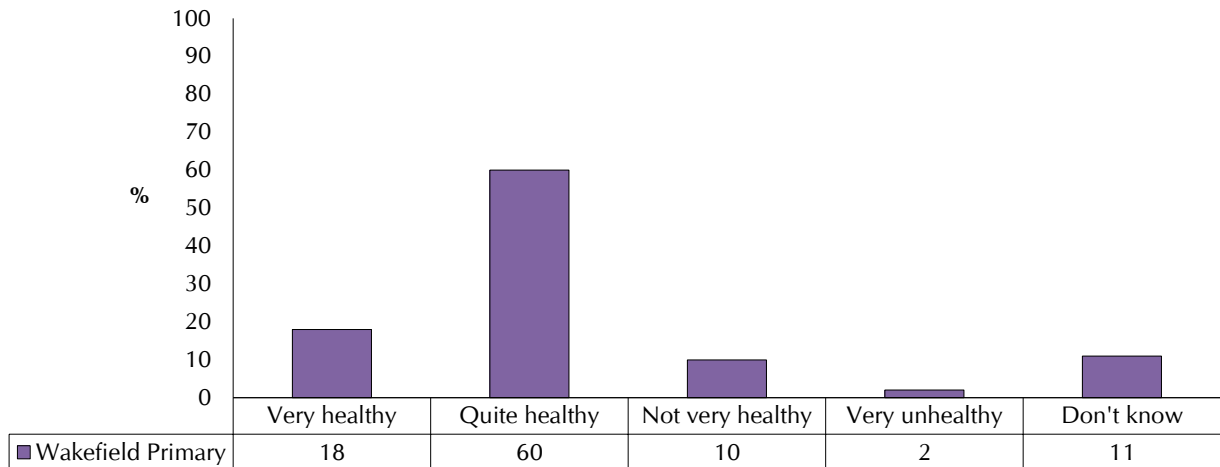
43% of pupils responded that they 'rarely or never' have a takeaway meal, while 13% said the same of sweets/chocolate.

Q7. Percentage of pupils responding that they 'rarely or never' eat or drink the following:

Boys			Girls		
1	Takeaway meal	42%	1	Takeaway meal	45%
2	Chips or roast potatoes	21%	2	Fizzy drinks/energy drinks/sports drinks	32%
3	Fizzy drinks/energy drinks/sports drinks	21%	3	Chips or roast potatoes	19%
4	Crisps	15%	4	Crisps	16%
5	Sweets/chocolate	13%	5	Sweets/chocolate	13%
6	Fruit and veg	11%	6	Fruit and veg	5%

## Healthy diet

**Q8.** Is your diet (the food that you eat)...

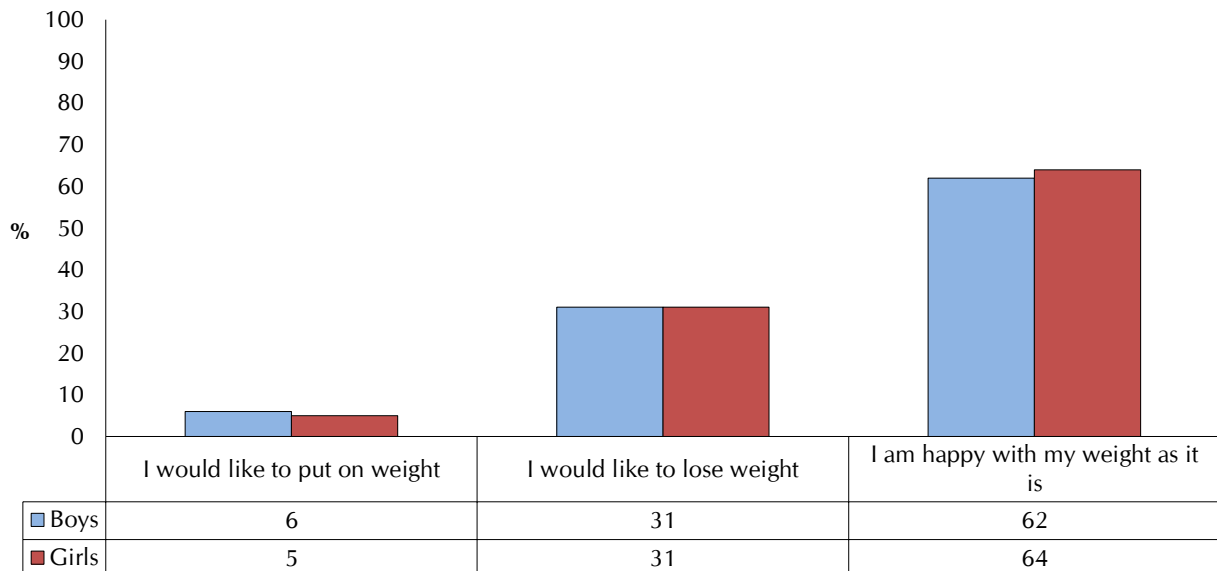


77% of pupils responded that their diet is 'quite' or very' healthy. 2% of pupils responded that their diet is 'very' unhealthy.

62% of pupils responded that they would like to eat more healthily, while 20% said they 'don't know' if they would.

## Weight perception

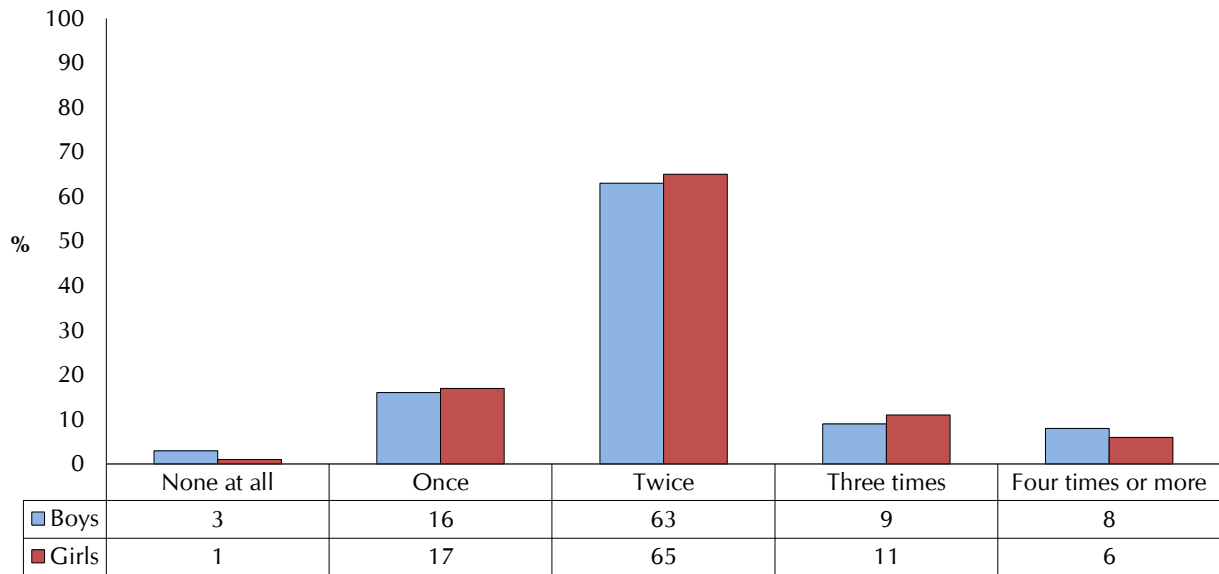
**Q10.** Which statement describes you best?



6% of pupils responded that they would like to put on weight. 31% of pupils responded that they would like to lose weight. 63% of pupils responded that they are happy with their weight as it is.

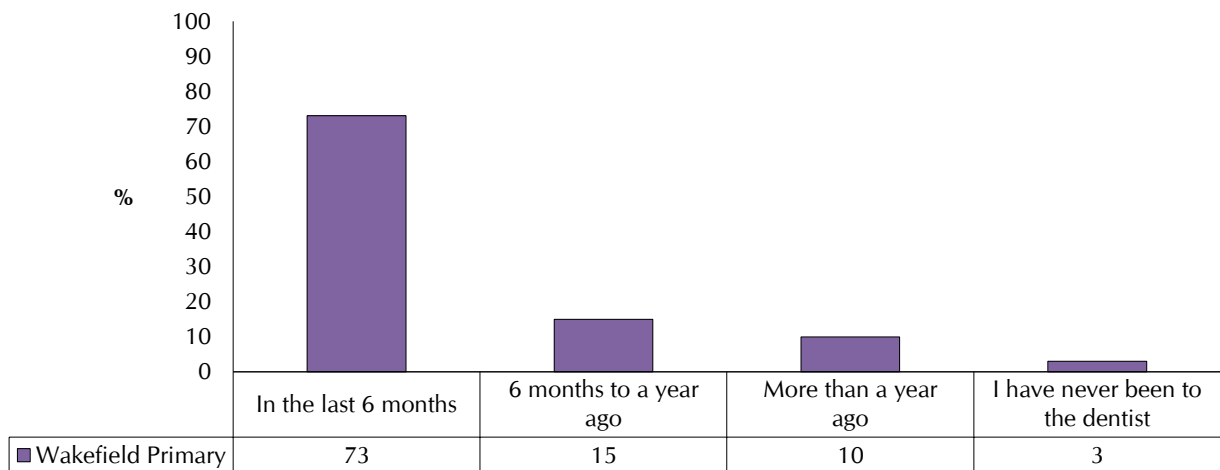
## Dental health

**Q11.** How many times a day do you normally brush your teeth?



2% of pupils responded that they don't normally brush their teeth at all. 17% of pupils responded that they normally brush their teeth once a day. 81% of pupils responded that they normally brush their teeth at least twice a day (the recommended frequency).

**Q12.** How long ago did you last visit the dentist?

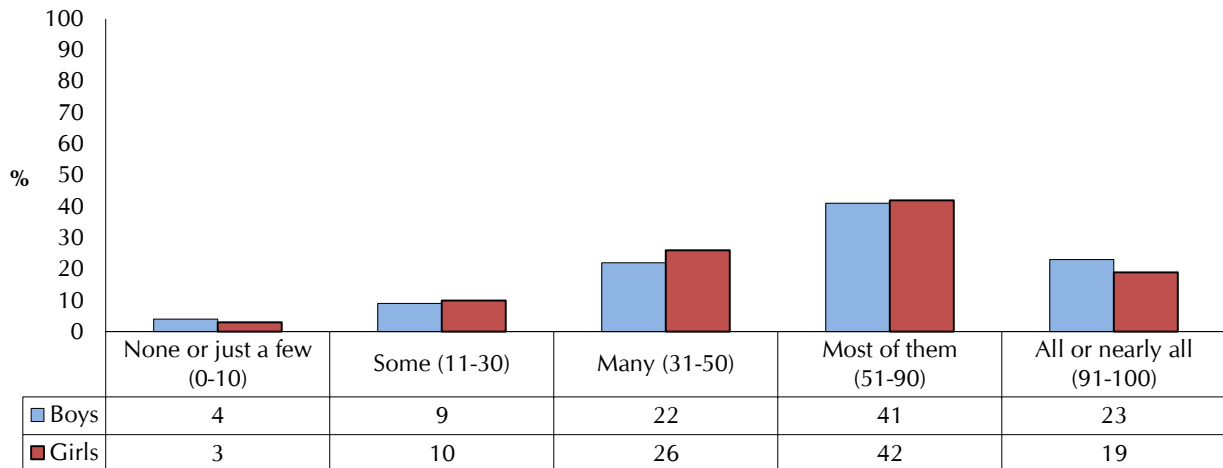


73% of pupils responded that they have been to the dentist in the last 6 months; 88% said they have been in the last year. 10% of pupils responded that they haven't been to the dentist for over a year and 3% said they have never been.

## Physical Activity

### Peer perception: Physical activity

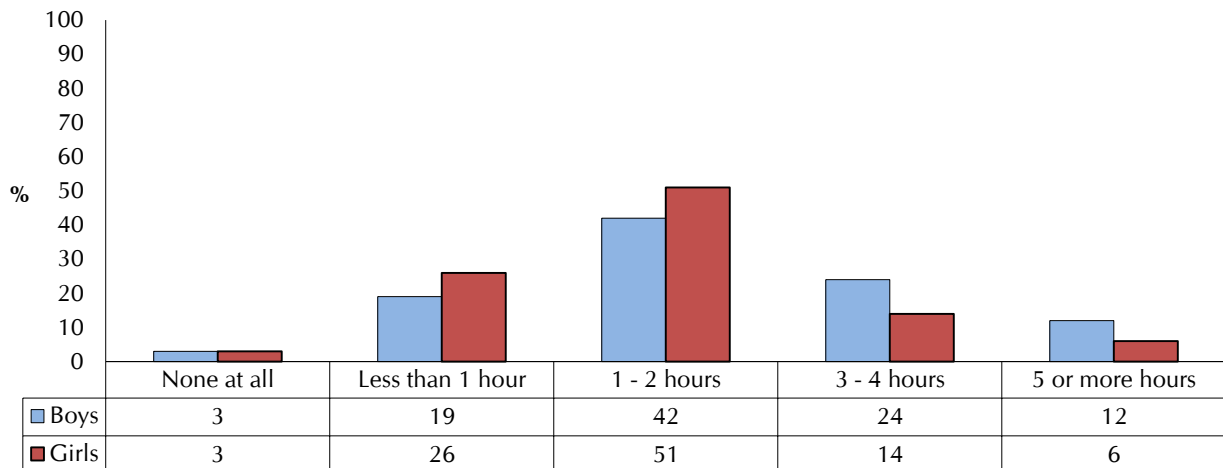
**Q13.** What percentage of pupils in your year at school do you think do physical activity for more than 1 hour a day?



4% of pupils responded that they think 'none or just a few' pupils in their year at school do physical activity for more than 1 hour a day. 63% of pupils responded that they think at least 'most of' the pupils in their year at school do physical activity for more than 1 hour a day.

### Exercise

**Q14.** How many hours of physical activity do you do a day which makes you breathe faster and feel warmer?



3% of pupils responded that they don't do any physical activity that makes them breathe faster and feel warmer.

75% of pupils responded that they do at least '1 – 2 hours' of physical activity a day that makes them breathe faster and feel warmer. 28% of pupils responded that they do at least '3 – 4 hours' of physical activity a day that makes them breathe faster and feel warmer.

72% of pupils responded that the amount of physical activity they do is enough to keep them healthy. 19% said that they 'don't know' if it is.

## Leisure time

46% of pupils responded that they go to playgrounds around Wakefield District at least 'once a week', while 47% said the same of parks.

**Q16.** Percentage of pupils responding that they go to the following places around Wakefield District at least 'once a week':

Boys			Girls		
1	Sports fields – to walk or play	57%	1	Parks	50%
2	Parks	44%	2	Playgrounds	48%
3	Playgrounds	43%	3	Sports fields – to walk or play	46%
4	Woodlands	16%	4	Woodlands	19%
5	Countryside or canal side	13%	5	Countryside or canal side	13%

37% of pupils responded that they 'hardly ever or never' go to woodlands around Wakefield District, while 41% said the same of countryside or canal side.

**Q16.** Percentage of pupils responding that they 'hardly ever or never' go to the following places around Wakefield District:

Boys			Girls		
1	Countryside or canal side	41%	1	Countryside or canal side	40%
2	Woodlands	40%	2	Woodlands	35%
3	Playgrounds	25%	3	Playgrounds	21%
4	Sports fields – to walk or play	19%	4	Sports fields – to walk or play	19%
5	Parks	18%	5	Parks	12%

## Sports & activities

43% of pupils responded that they play football (not in school time), while 51% go swimming and 33% run on their own.

**Q17.** Percentage of pupils responding that they do the following activities (not in school time) (top 5):

Boys			Girls		
1	Football	63%	1	Swimming	58%
2	Swimming	45%	2	Dancing	48%
3	Running on own	34%	3	Running on own	32%
4	Running with friends/athletics	32%	4	Running with friends/athletics	31%
5	Rugby	30%	5	Gymnastics	31%

40% of pupils responded that they do the activities listed in Q17 at a park, while 28% do them at a sports club grounds.

**Q18.** Percentage of pupils responding that they do the activities listed in Q17 at the following places:

Boys			Girls		
1	Park	42%	1	Somewhere else	40%
2	Sports club grounds	39%	2	Park	38%
3	In the street	35%	3	In the street	31%
4	Somewhere else	27%	4	Leisure centre	22%
5	Leisure centre	16%	5	Sports club grounds	17%
6	Community centre	10%	6	Community centre	15%

24% of pupils responded that they would like to do more running with friends/athletics outside school, while 42% would like to do more swimming.

**Q19.** Percentage of pupils responding that they would like to do more of the following activities outside school (top 5):

Boys			Girls		
1	Football	48%	1	Swimming	47%
2	Swimming	38%	2	Gymnastics	38%
3	Rugby	29%	3	Dancing	38%
4	Tennis	24%	4	Running with friends/athletics	26%
5	Running with friends/athletics	22%	5	Rounders	21%

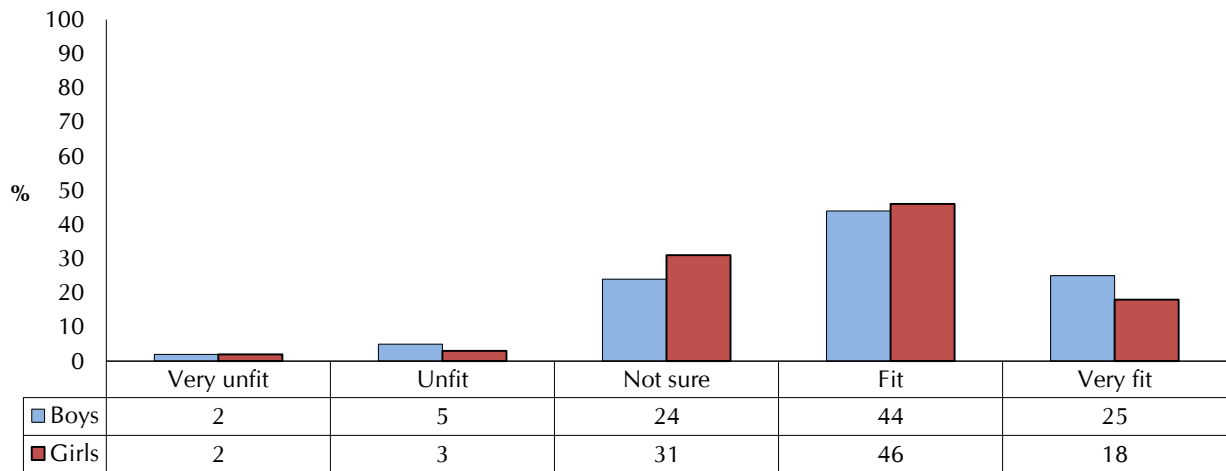
22% of pupils responded that they would like to do the activities listed in Q19 at a leisure centre.

**Q20.** Percentage of pupils responding that they would like to do the activities listed in Q19 at the following places:

Boys			Girls		
1	Sports club grounds	44%	1	Park	37%
2	Park	44%	2	Sports club grounds	30%
3	In the street	22%	3	Leisure centre	26%
4	Leisure centre	17%	4	Somewhere else	21%
5	Somewhere else	15%	5	In the street	21%
6	Community centre	14%	6	Community centre	20%

## Fitness

**Q21.** How fit do you think you are?

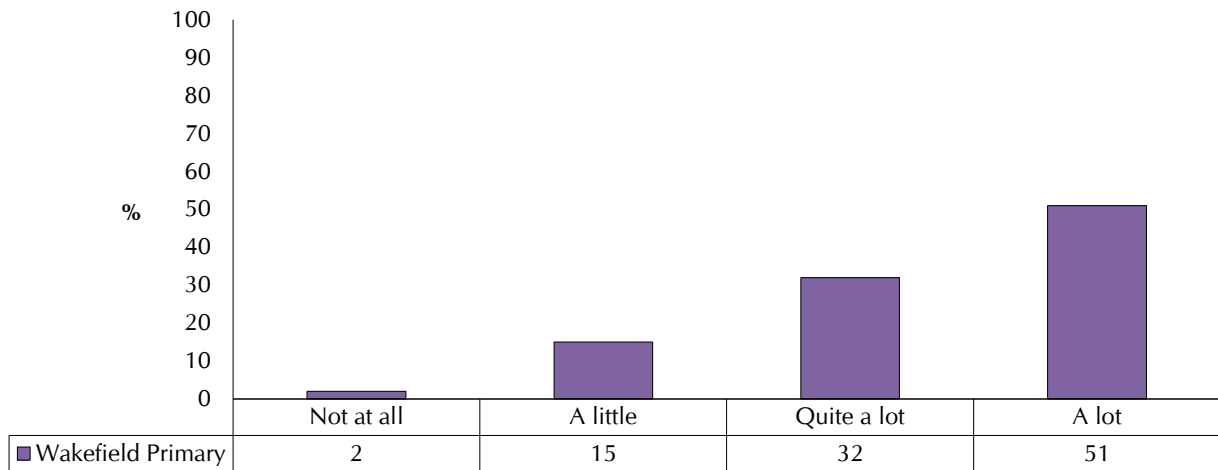


6% of pupils think they are 'unfit' or 'very unfit'. 67% of pupils think they are 'fit' or 'very fit'.



**Enjoy physical activities**

**Q22.** How much do you enjoy physical activities?



2% of pupils responded that they do not enjoy physical activities ‘at all’.

83% of pupils responded that they enjoy physical activities ‘quite a lot’ or ‘a lot’.

62% of pupils responded that they would like to be more physically active. 21% ‘don’t know’ if they would.

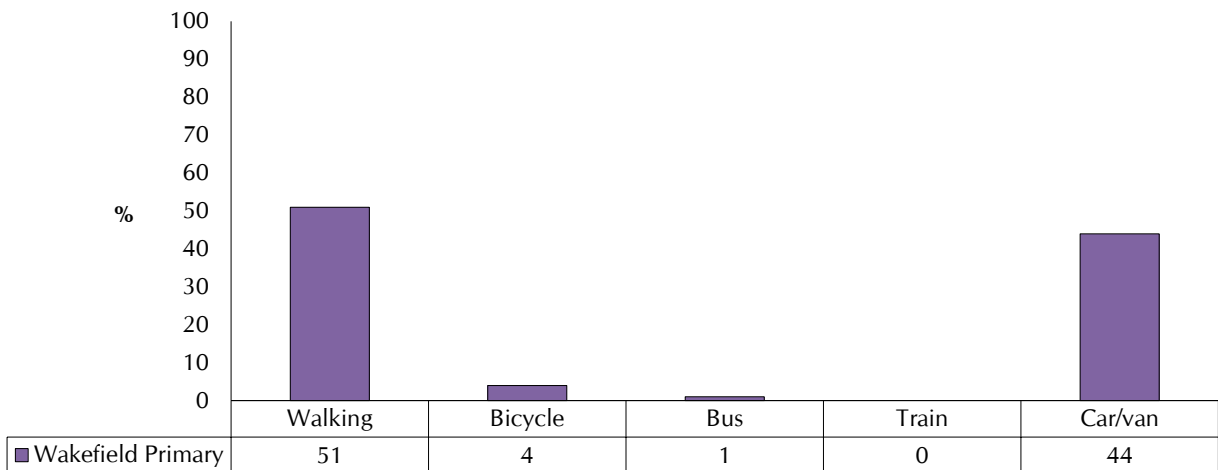
42% of pupils responded that new activities being available would make them want to do more activities, while 28% said that lower prices for activities would encourage them.

**Q25.** Percentage of pupils responding that the following would make them want to do more activities (top 5):

Boys			Girls		
1	If more of their friends went	46%	1	If more of their friends went	50%
2	More space to play	44%	2	New activities available	44%
3	New activities available	41%	3	More space to play	36%
4	If they had more time	33%	4	If they had more time	32%
5	If the activities were closer to where they live	27%	5	If there were lower prices for activities	31%

## Active travel

**Q33.** How did you get to school today?

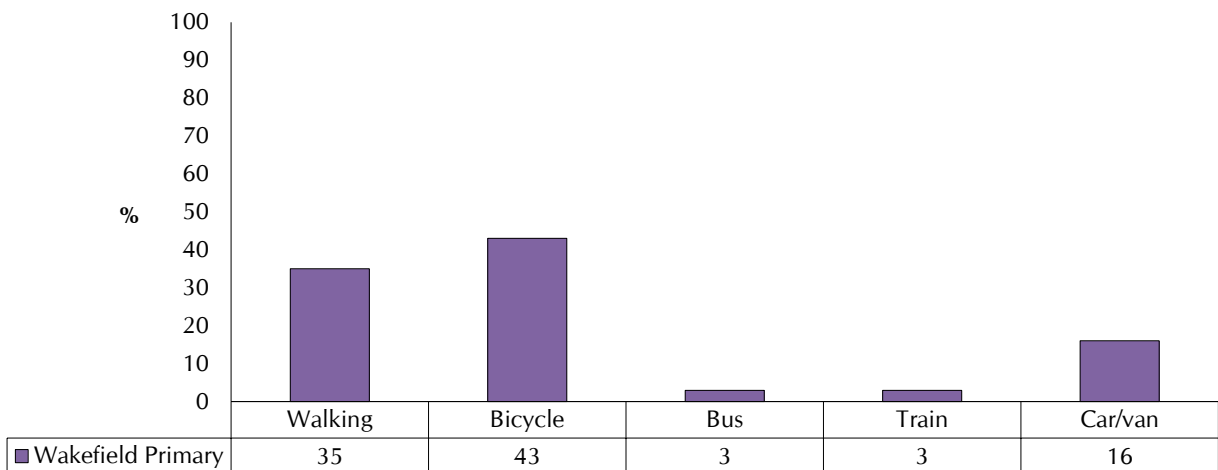


51% of pupils responded that they walked to school on the day of the survey.

4% of pupils responded that they cycled to school on the day of the survey.

44% of pupils responded that they travelled to school by car/van on the day of the survey.

**Q34.** If you had a choice, how would you like to travel to school?



35% of pupils responded that they would like to walk to school.

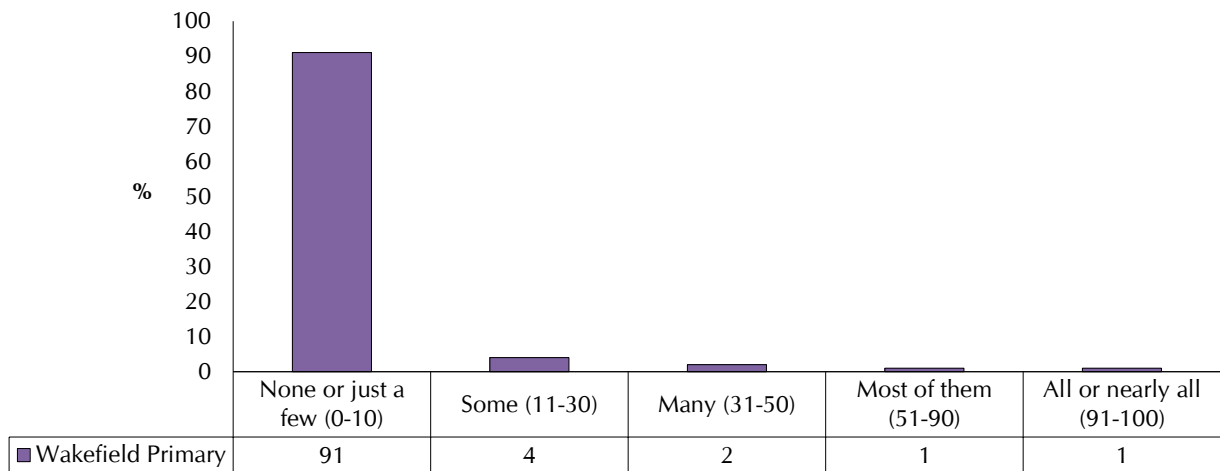
43% of pupils responded that they would like to cycle to school.

16% of pupils responded that they would like to travel to school by car/van.

## Alcohol & Smoking

### Peer perception: Alcohol

**Q26.** What percentage of pupils in your year at school drink alcohol regularly?

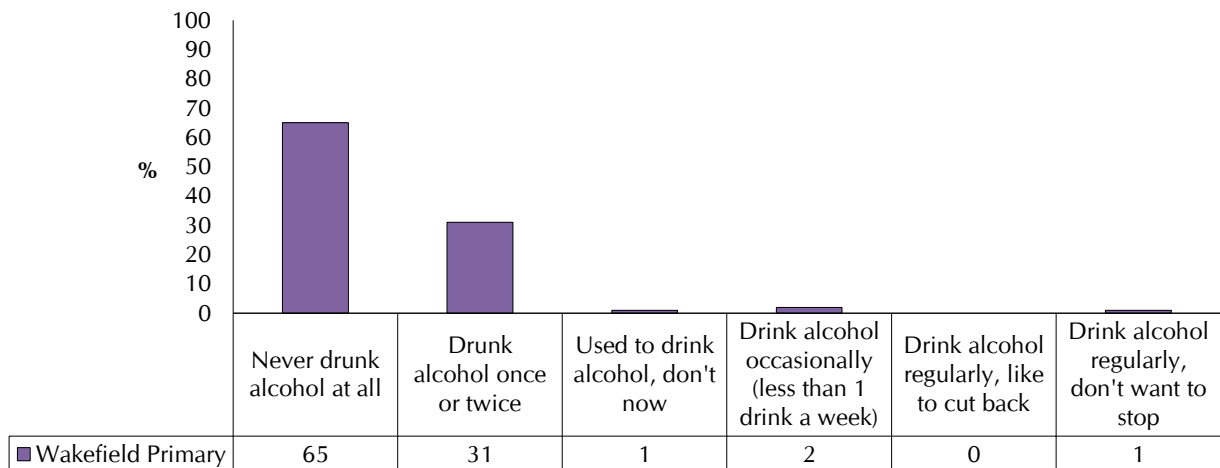


91% of pupils responded that they think 'none or just a few' pupils in their year at school drink alcohol regularly.

3% of pupils responded that they think at least 'most of' the pupils in their year at school drink alcohol regularly.

1% of pupils responded that they think 'all or nearly all' pupils in their year at school drink alcohol regularly.

**Q27.** Alcohol: Which statement describes you best?

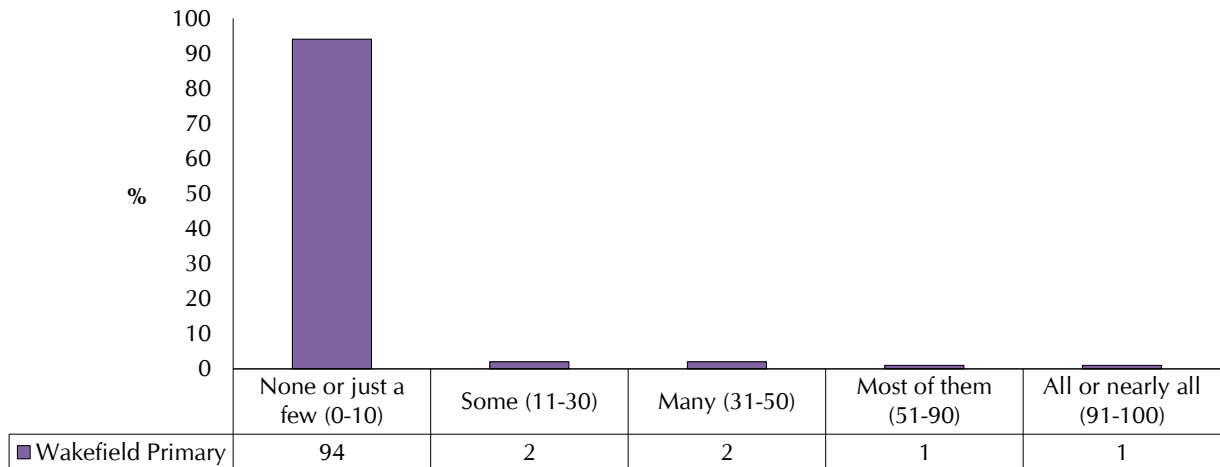


35% of pupils responded that they have drunk alcohol at least 'once or twice'.

1% of pupils responded that they drink alcohol 'regularly'.

## Peer perception: Smoking

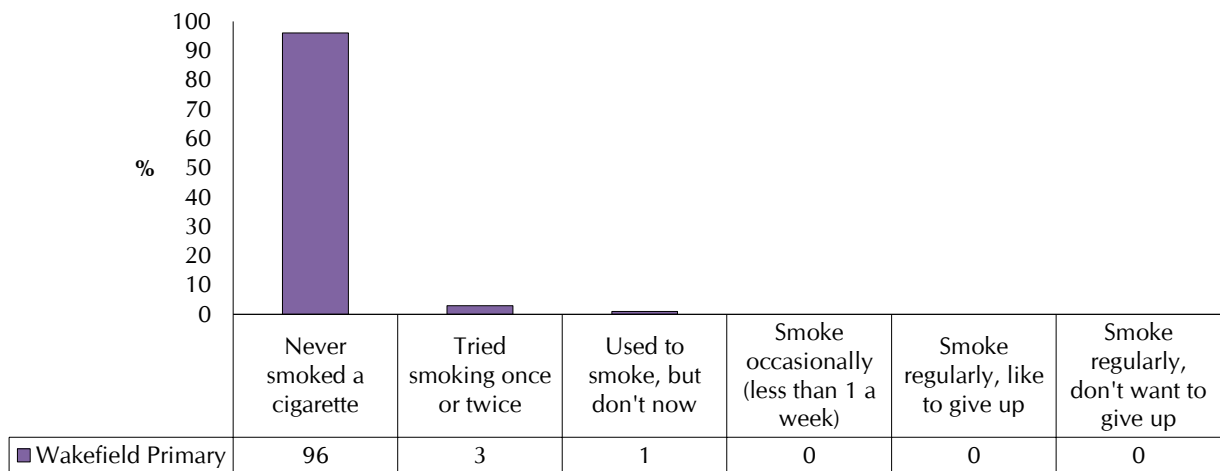
**Q28.** What percentage of pupils in your year at school smoke cigarettes (not including e-cigarettes)?



94% of pupils responded that they think 'none or just a few' pupils in their year at school smoke cigarettes.

2% of pupils responded that they think at least 'most of' the pupils in their year at school smoke cigarettes.

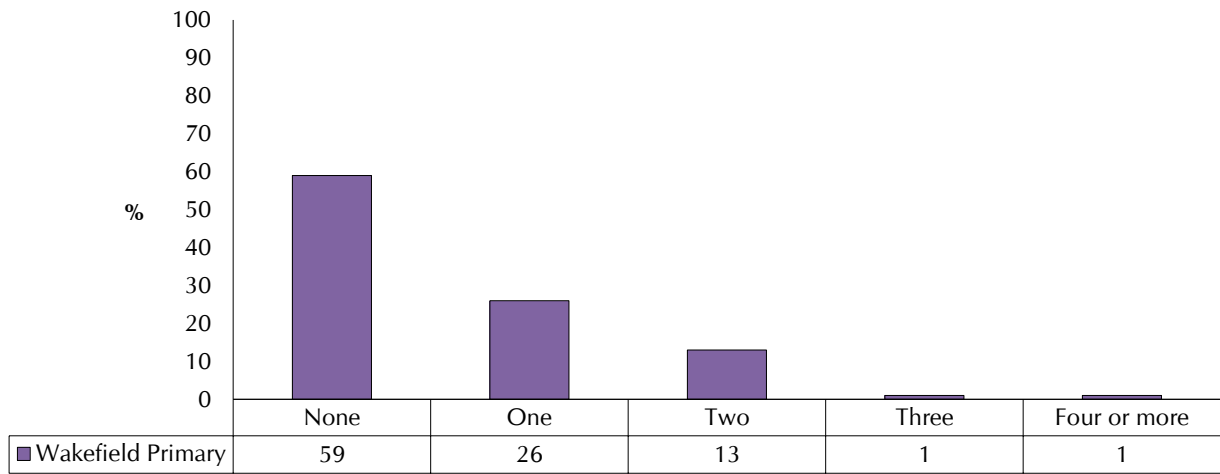
**Q29.** Smoking: which describes you best?



4% of pupils responded that they have smoked in the past or smoke now.

## Smoking at home

Q32b. How many adults (aged 18 and over) that live in your house smoke?



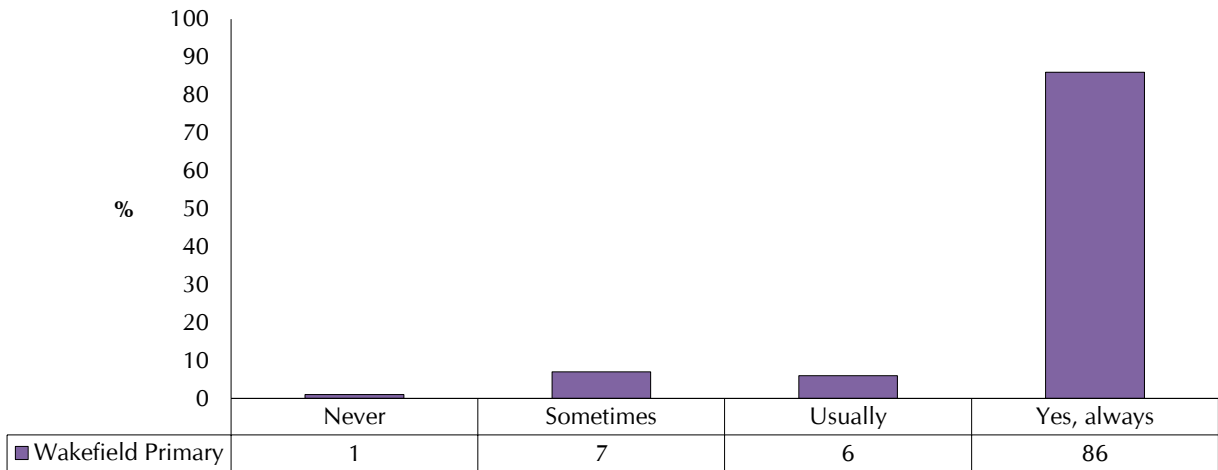
41% of pupils responded that at least one adult that lives in their house smokes.

13% of pupils responded that someone smokes indoors at home in rooms that they use.

## Staying Safe

### Car safety

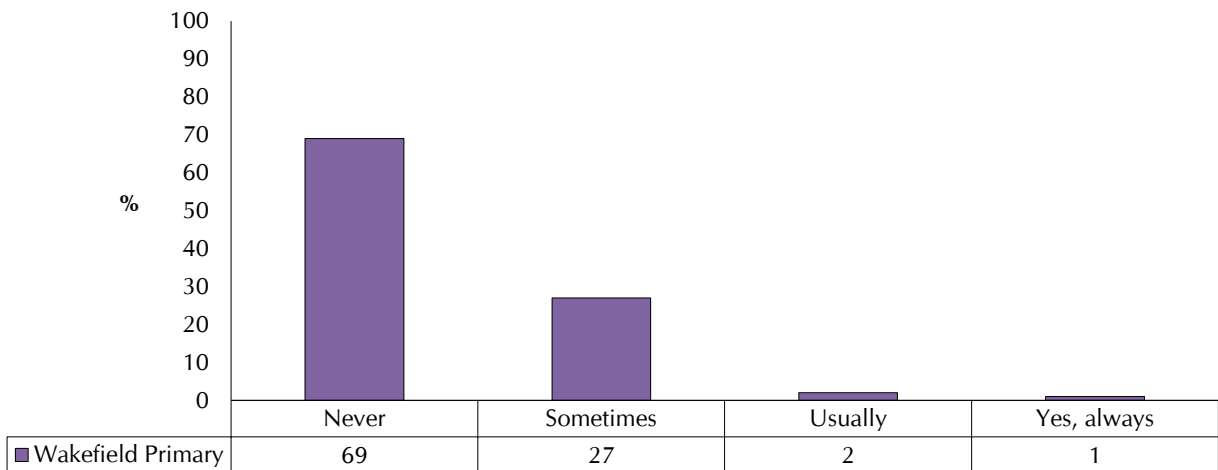
**Q35.** When travelling in a car do you wear a seatbelt?



8% of pupils responded that they 'never' or only 'sometimes' wear a seatbelt when travelling in a car.

86% of pupils responded that they 'always' wear a seatbelt when travelling in a car.

**Q36.** When travelling in a car does the person driving ever hold their mobile phone in their hand whilst driving?

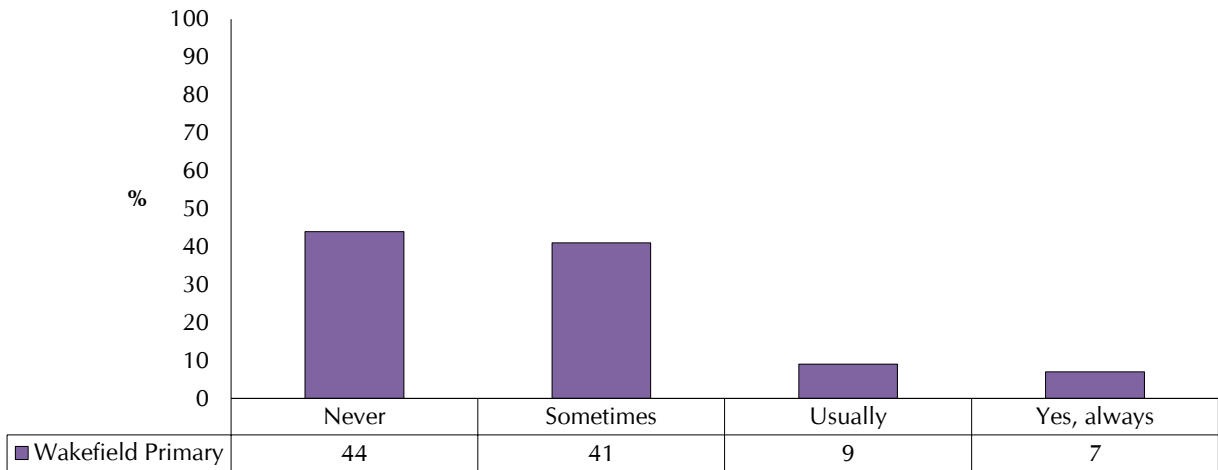


69% of pupils responded that when travelling in a car the person driving 'never' holds their mobile phone in their hand.

3% of pupils responded that when travelling in a car the person driving 'usually' or 'always' holds their mobile phone in their hand.

## Road safety

**Q37.** Does the speed of traffic outside school ever make you feel unsafe?

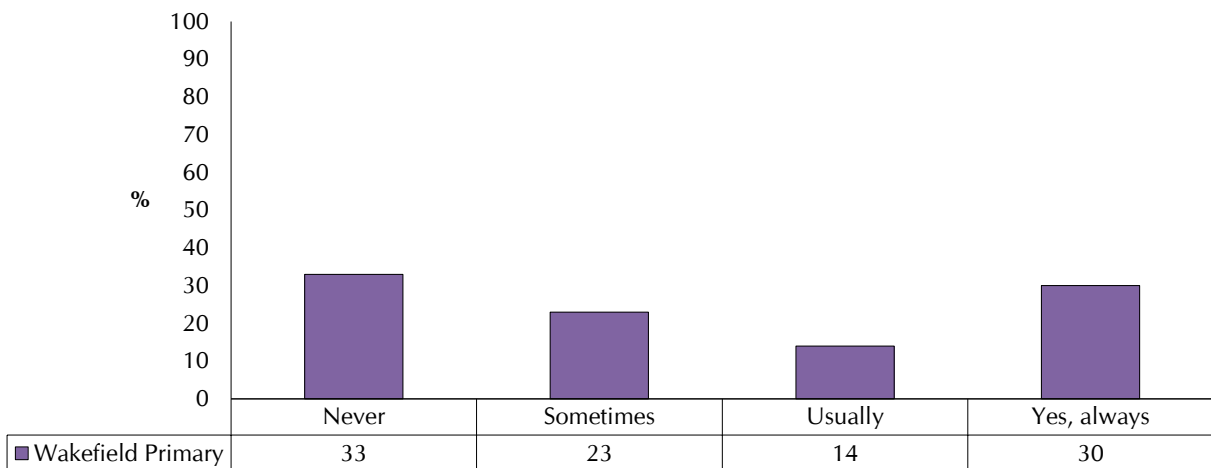


44% of pupils responded that the speed of traffic outside school ‘never’ makes them feel unsafe.

15% of pupils responded that the speed of traffic outside school ‘usually’ or ‘always’ makes them feel unsafe.

## Cycle Safety

**Q38.** Do you wear a safety helmet when cycling?



## Internet safety

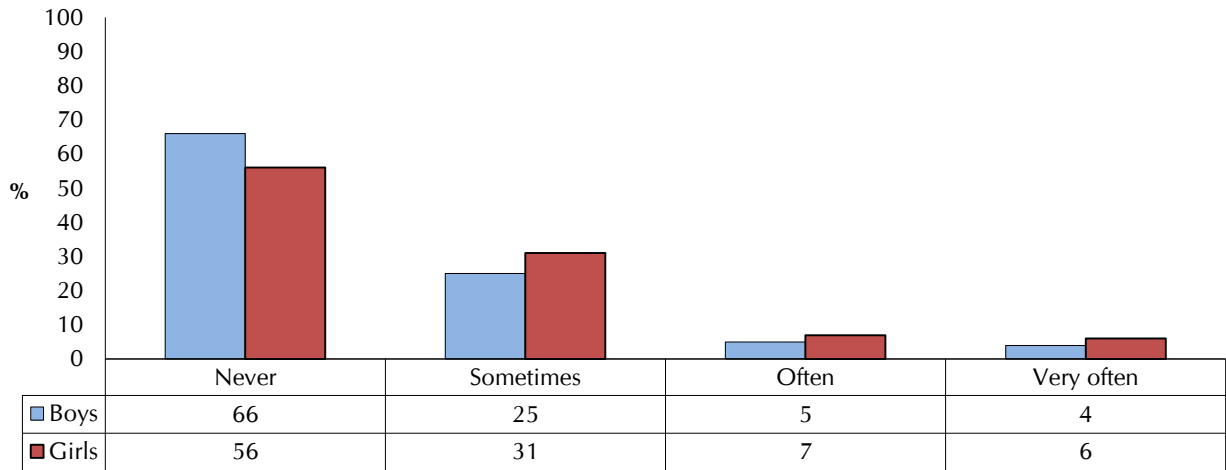
24% of pupils responded that they have seen images/pictures that made them uncomfortable whilst on the Internet.

27% of pupils responded that they received messages from people they don’t know whilst on the Internet.

17% of pupils responded that they have experienced people lying about who they are whilst on the Internet.

## Bullying

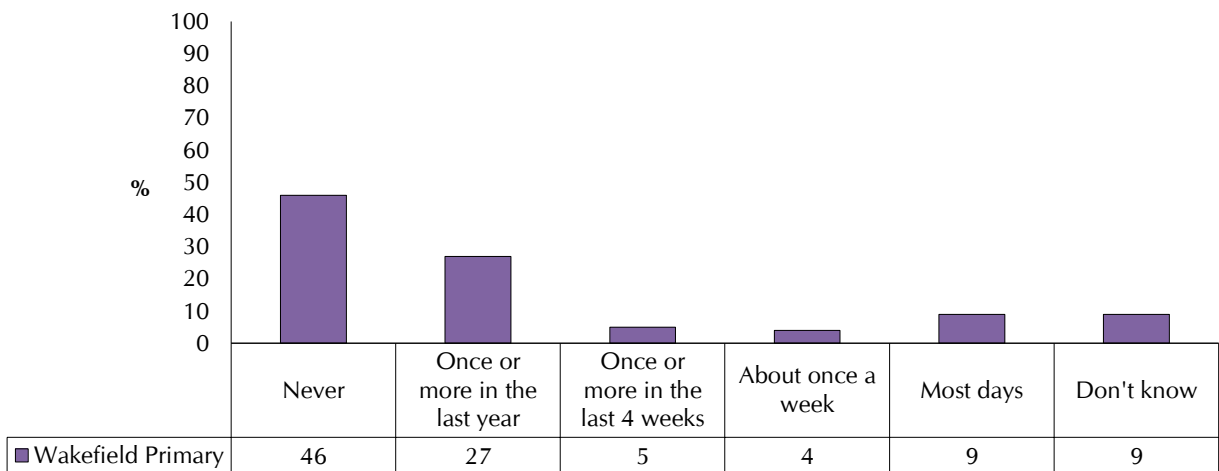
**Q40.** Do you ever feel afraid of going to school because of bullying?



34% of boys and 44% of girls responded that they feel afraid of going to school because of bullying at least 'sometimes'.

11% of pupils responded that they 'often' or 'very often' feel afraid of going to school because of bullying.

**Q41.** How often, if at all, have you been bullied at school?

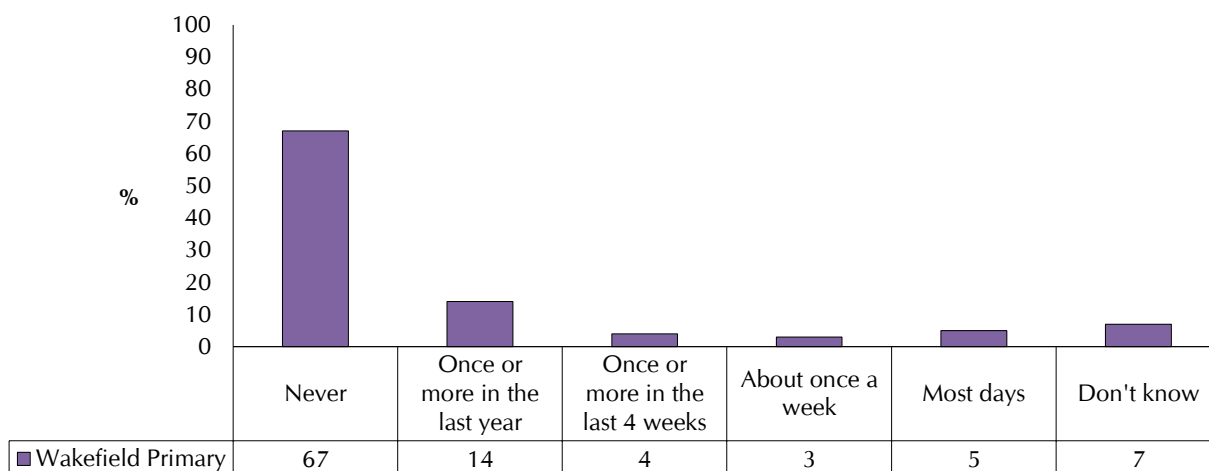


45% of pupils responded that they have been bullied at least 'once or more' at school in the last year, while 9% said they 'don't know' if they have been bullied.

12% of pupils responded that they are bullied at least 'about once a week' at school.



**Q42.** How often, if at all, have you been bullied somewhere else (including on your journey to or from school)?



26% of pupils responded that they have been bullied at least 'once or more' outside school in the last year, while 7% said they 'don't know' if they have been bullied.

8% of pupils responded that they are bullied at least 'about once a week' outside school.

24% of pupils feel that they are being 'picked on' or bullied because of the way they look; 20% feel they are because of their size or weight.

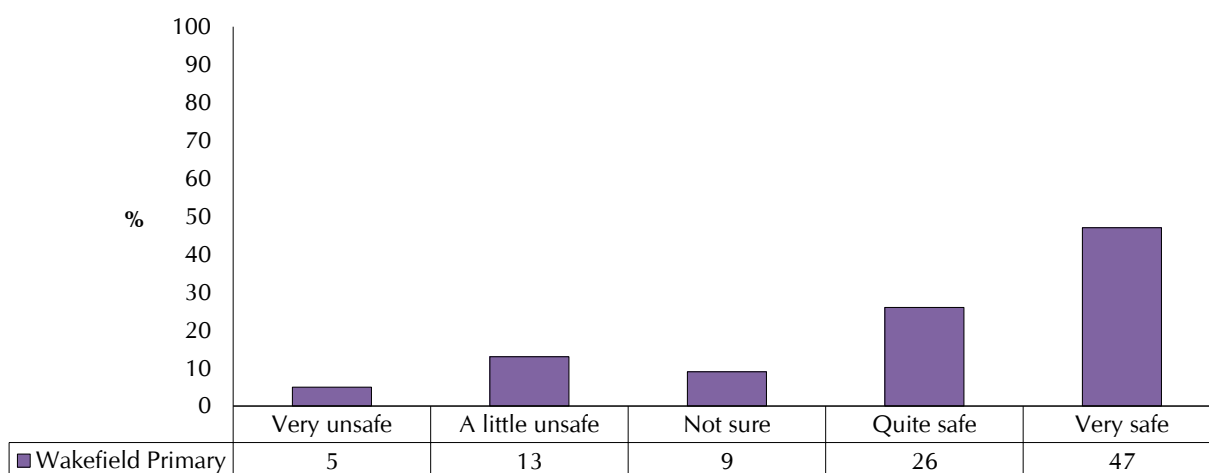
**Q44.** Percentage of pupils responding that they feel they are being 'picked on' or bullied for the following reasons (top 5):

Boys			Girls		
1	The way they look	22%	1	The way they look	27%
2	Their size or weight	19%	2	Their size or weight	21%
3	Other	9%	3	Other	10%
4	The clothes they wear	6%	4	The clothes they wear	9%
5	A disability or learning difficulty	5%	5	Their religion or faith	5%

72% of pupils responded that they think their school takes bullying seriously, while 14% think their school does not take it seriously.

## Local area

**Q46.** How safe do you feel in the area where you live?



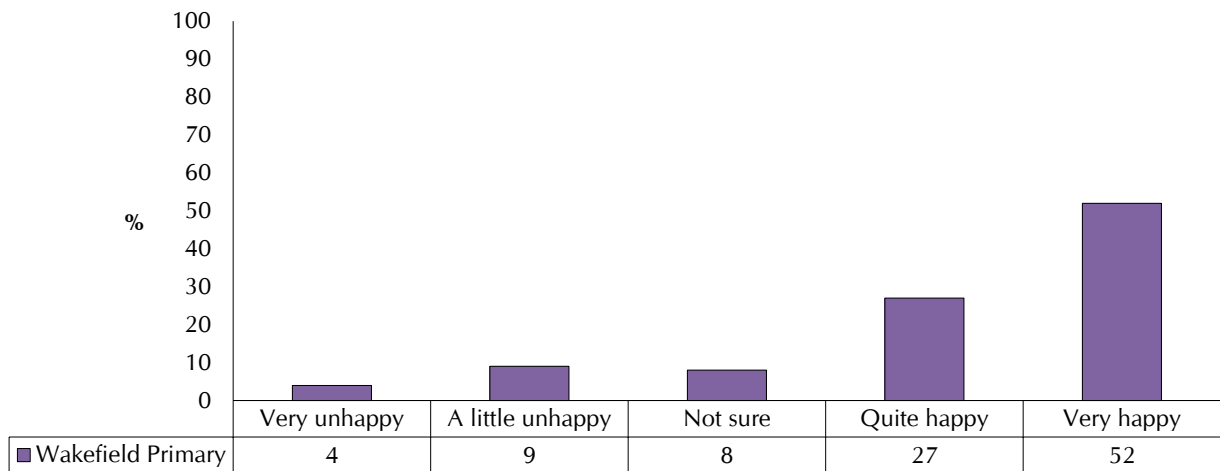
17% of pupils responded that they feel at least 'a little unsafe' in the area where they live.

74% of pupils responded that they feel 'quite' or 'very' safe in the area where they live.

## Well-being

### Happiness

**Q48.** In general, how happy do you feel with your life at the moment?

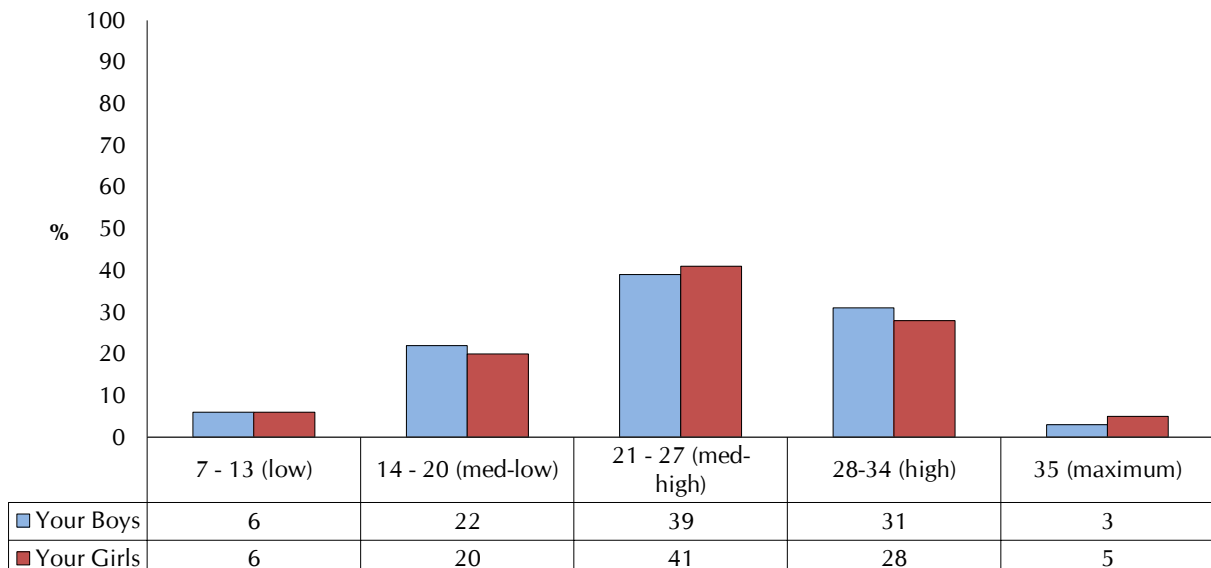


13% of pupils responded that they feel at least 'a little unhappy' with their life at the moment. 79% of pupils responded that they feel 'quite' or 'very' happy with their life at the moment.

### Short Warwick-Edinburgh Mental Wellbeing Scale (SWEMWBS)

The Warwick-Edinburgh Mental Well-being Scale was funded by the Scottish Executive National Programme for improving mental health and well-being, commissioned by NHS Health Scotland, developed by the University of Warwick and the University of Edinburgh, and is jointly owned by NHS Health Scotland, the University of Warwick and the University of Edinburgh. This short version of the scale comprises 7 positively-worded questions, which are used to make a combined score. High scores relate to positive wellbeing so the lower the score the poorer the wellbeing.

**Q49.** The Short Warwick-Edinburgh Mental Wellbeing Scale (SWEMWBS):



On average pupils scored 24 on the SWEMWB Scale.

6% of pupils had a low score (7 – 13) on the SWEMWB Scale, while 21% had a med-low score (14 – 20).

33% of pupils had a high or maximum score (28 – 35) on the SWEMWB Scale.

41% of pupils responded that they have been feeling good about the future 'often' or 'all of the time' and 40% said they have been feeling useful.

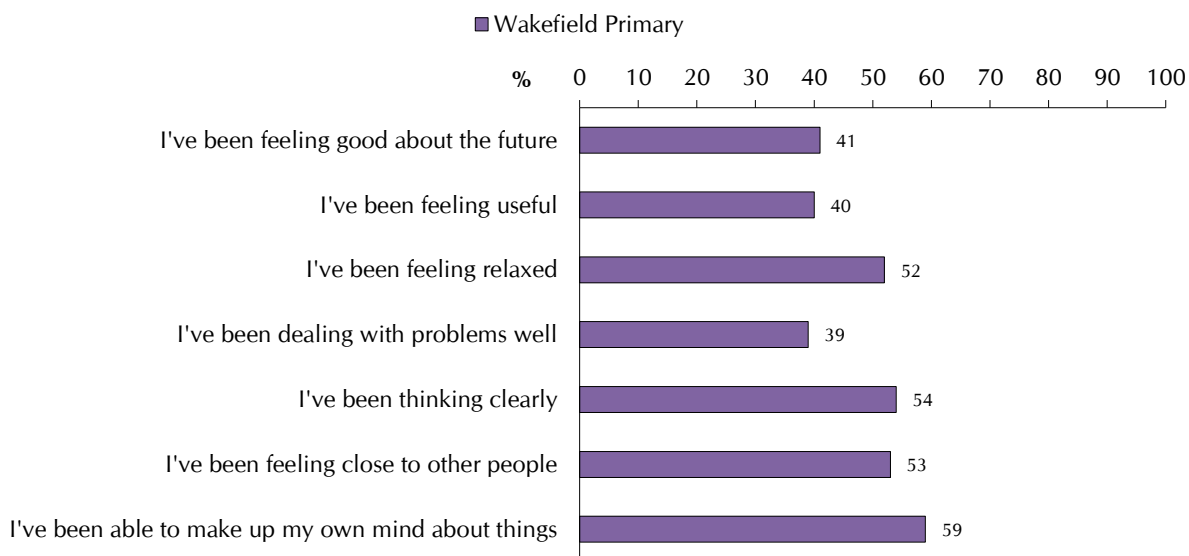
**Q49.** The Short Warwick-Edinburgh Mental Wellbeing Scale:

Boys	None of the time	Rarely	Some of the time	Often	All of the time
I've been feeling good about the future	19%	12%	19%	18%	24%
I've been feeling useful	13%	14%	22%	24%	16%
I've been feeling relaxed	7%	14%	18%	25%	26%
I've been dealing with problems well	19%	16%	18%	19%	18%
I've been thinking clearly	8%	10%	16%	22%	31%
I've been feeling close to other people	12%	10%	16%	20%	29%
I've been able to make up my own mind about things	6%	9%	15%	22%	37%

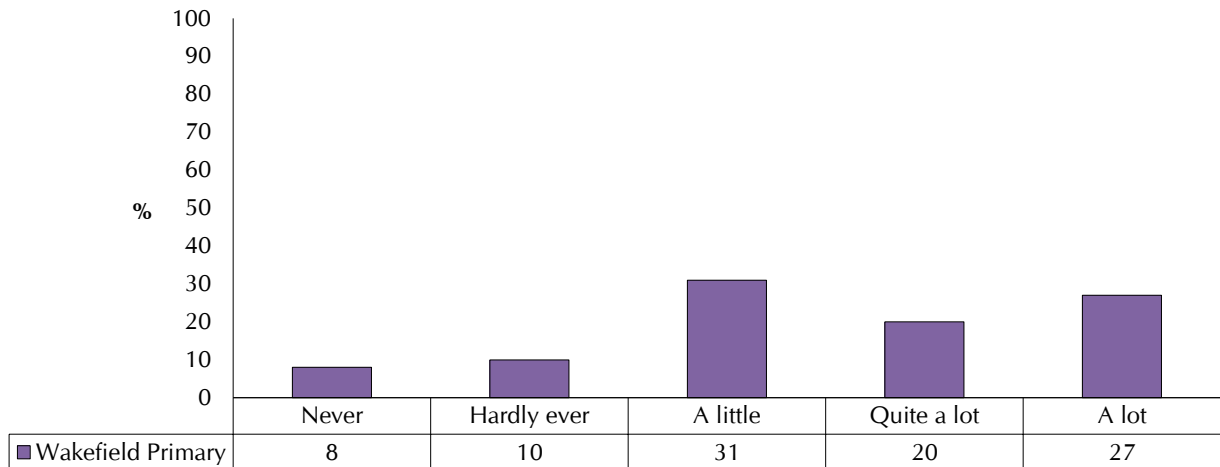
Girls	None of the time	Rarely	Some of the time	Often	All of the time
I've been feeling good about the future	20%	12%	21%	17%	23%
I've been feeling useful	16%	13%	23%	22%	17%
I've been feeling relaxed	8%	12%	18%	27%	26%
I've been dealing with problems well	16%	14%	22%	17%	22%
I've been thinking clearly	7%	9%	19%	22%	34%
I've been feeling close to other people	10%	11%	14%	19%	37%
I've been able to make up my own mind about things	7%	9%	16%	22%	37%

**Q49.** Percentage of pupils responding 'often' or 'all of the time' to the following:



## Worries

**Q50.** Percentage of pupils responding that they worry about at least one of the issues listed...:



47% of pupils responded that they worry about at least one of the issues 'quite a lot' or 'a lot'.

24% of pupils responded that they worry 'quite a lot' or 'a lot' about school-work/exams, while 12% worry about the way they look.

**Q50.** Percentage of pupils responding that they worry about the following 'quite a lot' or 'a lot':

Boys			Girls		
1	School-work/exams	24%	1	School-work/exams	25%
2	Family problems	18%	2	Problems with friends	22%
3	Problems with friends	14%	3	Family problems	19%
4	Money problems	12%	4	The way they look	16%
5	The way they look	9%	5	Money problems	9%

## Problem solving

71% of pupils responded that if they had a problem with school they would talk to someone they trust about it, while 61% said the same of a health problem.

**Q51.** Percentage of pupils responding that if they had a problem with the following, they would talk to someone they trust about it:

	Year 5		Total
	Boys	Girls	
Problem with school	69%	73%	71%
Family problem	49%	53%	51%
Health problem	61%	60%	61%
Body changes and growing up	49%	53%	51%
Problem with friends	58%	67%	62%
Bullying problem	72%	75%	73%

40% of pupils responded that if they had a family problem they would keep it to themselves, while 16% said the same of a bullying problem.

**Q51.** Percentage of pupils responding that if they had a problem with the following, they would keep it to themselves:

	Year 5		Total
	Boys	Girls	
Problem with school	21%	19%	20%
Family problem	40%	39%	40%
Health problem	27%	31%	29%
Body changes and growing up	39%	39%	39%
Problem with friends	30%	25%	28%
Bullying problem	16%	17%	16%

## Enjoying & Achieving

### Every Child Matters

73% of pupils agreed that they know their targets and they are helped to meet them, while 57% agreed that their views and opinions are listened to in school.

**Q52.** Percentage of pupils responding 'yes' to the following statements:

Boys			Girls		
1	My work is marked so I can see how to improve it	84%	1	My work is marked so I can see how to improve it	87%
2	I know my targets and I am helped to meet them	71%	2	I know my targets and I am helped to meet them	75%
3	The school prepares me for when I leave this school	65%	3	The school cares whether I am happy or not	72%
4	The school cares whether I am happy or not	65%	4	The school prepares me for when I leave this school	71%
5	My achievements in school are recognised	62%	5	My achievements in school are recognised	66%
6	My views and opinions are listened to in school	54%	6	My views and opinions are listened to in school	61%
7	My achievements out of school are recognised	53%	7	My achievements out of school are recognised	58%
8	My views and opinions are asked for in school	49%	8	My views and opinions are asked for in school	54%

**Q52.** Percentage of pupils responding 'yes' to the following statements:

